

Distance: 15 km Terrain: Challenging
Time: 5 hours plus snack breaks

7 EAST HEAD

The views from the Coast Ridge and East Head are amazing and the coastal section of the trail, including a walk across a sand bar, is extremely pretty. In summer months, a colony of rockhopper penguins can be included on the outbound route. This trail is best started alongside a bridge just below "The Gap", a col in the ridge line towards the south end of Coast Ridge. Various options can be taken to walk along the ridge to East Head from where the walk takes a circular route along the coast then overland to the remains of an outside house. The terrain is uneven underfoot, at times challenging, and there are steep slopes but the walk is very rewarding.

Main route

Refer to the driving instructions, "How to get to the bridge" to begin the walk just below "The Gap".

From the bridge, begin walking towards "The Gap", following a vehicle track alongside a fence-line and passing through a wire gate. At the highest point of "The Gap" turn right to head south-west, but various walking options can be taken – either side of the ridge or along the ridgeline itself. To see the rockhopper colony, walk along the east (far) side of the ridge at a fairly low level for about 3km. This side also affords lovely views back to Carcass Bay – stop and look!

Whichever route is chosen, East Head should be easy to locate, right at the end of the ridge, accessed by a steep climb and just over 6km from the col. The views from the summit make the effort worthwhile. Walkers with

Tips:

- ▶ Aim to include the rockhopper colony in the summer to watch penguin antics!
- ▶ Strong footwear is essential for this walk.

good navigational equipment, or a little luck, may encounter a stake placed in the ground at the confluence of 52o south and 60o west en-route.

Drop down from the summit to the coast on the west side of the ridge. Follow the coastline to the north-east until a sand-bar can be seen, separating a large pond from the sea. Walk along the sand-bar to the north-north-east so the pond is to the right. Continue in the same direction and cross a fence. The remains of an old outside house are easily seen – head for these just over 1km away.

The remains are interesting to explore. To return to the start point, look for a wire gate on the north side of the buildings. Faint vehicle tracks can be seen heading in an east / east-north-east direction. These return to the start point just over 3km away.

Walk Further

Intrepid, fit walkers with a long summer day at their disposal may choose to start and finish at Bottomless Pond, adding 8km in total (to account for both ways), the remains are interesting to explore. Follow the track described in "How to get to the bridge". Please ensure all doors to outbuildings are securely closed after use



From East Head

Countryside Code

1. Always ask for permission before entering private land.
2. Keep to paths wherever possible. Leave gates, open or shut, as you find them.
3. Be aware of the high fire risk throughout the islands; particularly when lighting fires, BBQs or smoking.
4. Do not litter*. Take your rubbish home with you or use a bin provided
5. Never feed, touch, handle, injure or kill any wild bird or animal*.
6. Always give animals the right of way. Do not block the routes of birds or animals coming home to their colonies. Do not startle or chase wildlife from resting or breeding areas*.
7. Prevent disturbance to wild birds and animals. Always stay on the outside of colonies and remain at least 6 m (20 ft) away.
8. When taking photographs or filming, stay low to the ground. Move slowly and quietly. Make sure your flash is turned off*. Always be aware of the location of your camera and equipment, including "selfie-sticks". Do not use this to get closer to wildlife.
9. Some plants are protected and should not be picked*. Wildflowers are there for all to enjoy.
10. Whalebones, skulls, eggs, etc. may not be exported from the Falkland Islands*. They should be left where they are found.
11. Do not disfigure rocks or buildings*.

*Such actions may constitute an offence in the Falkland Islands and could result in significant fines.

Stay Safe

Always tell someone where you are going with an estimated return time. Ensure you have plenty to eat and drink. Take clothing to account for all weather conditions and sun-lotion or sun-block.

Unexploded ordnance and land mines from the 1982 war are very occasionally found around the islands, particularly along the coast. In the very rare event of finding a suspect item, mark the spot if possible and contact the Royal Falkland Islands Police on 28100.

Self-Guided WALKS

FOX BAY EAST



Fauna & Flora highlights

| | | |
|-----------------------------------|-------------------------|-----------------------|
| Dark-faced Ground Tyrant | Patagonian Crested Duck | Adder's tongue |
| Dolphin gull | Rock Cormorant | Arrow-leaved marigold |
| Falklands Flightless Steamer Duck | Rockhopper penguin | Diddle dee |
| Falklands Thrush | Skua | Dog orchid |
| Gentoo penguin | Striated Caracara | Christmas bush |
| Kelp goose | Southern Giant Petrel | Gaudichaud's orchid |
| Long tailed Meadowlark | Turkey Vulture | Fachine |
| Magellanic Oystercatcher | Upland goose | Scurvy Grass |
| | White-bridled finch | Woolly ragwort |



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It is essential to make contact in advance to obtain permission to walk or drive off-road and to check for any land-access fees.

Coast Ridge Farm phone 42062/55062/53579

Visitors are welcome to look around the Post Office museum; the key is available from, Keith and Nuala Knight.



Self-Guided WALKS

FOX BAY EAST

Fox Bay is named after the warrah, the Falkland fox which once inhabited the area. The bay itself is flanked dramatically on each side by stunning mountains and there are plenty of pretty coastlines to explore as well as hills to hike. Fossils can be found in the attractive sedimentary rock.

Fox Bay East comprises a number of privately-owned farms and the government-run settlement, Fox Bay Village. The walks presented here start in the settlement and traverse Coast Ridge Farm.





How to get to the bridge

The landowners will advise on options to get to the bridge, approximately 10km. The driving route follows the walking trail to Annie Brooks Bay, then turn left (north-east) to Bottomless Pond and on up a hill in a roughly easterly direction. At the top pass through a gate.

The vehicle track is clear, heading in the direction of "The Gap", a col in the ridgeline which is easy to see. There are gates en-route leading to a valley in which there is a rusty plough, a short distance to the right of the track. Cross a tiny stream and head up the other side of the valley. Pass through two gates close together (enclosing a "lead"). Turn sharp right here to head for "The Gap". The track meanders to a river crossing at the bottom of a steep drop into a valley.

Stop before the river and use the bridge to cross on foot. Do not open any of the gates, climb carefully through or over them.



Distance: : 10 km Terrain: Moderate
Time: 3 - 3.5 hours plus time to enjoy the beach

4 ANNIE BROOKS BAY

This out-and-back route leads to a beautiful beach with rolling waves, taking in some marvellous views en-route. Annie Brooks Bay is named after a ship-wrecked schooner which sank nearby. There is plenty of birdlife and dolphins are often seen swimming in the bay. The walk is along vehicle tracks with some gradual climbs.

Main route

Stand so that the large white transit shed at the head of the jetty is behind and walk straight ahead, in an easterly direction. Cross a cattle grid and turn left just after a small stone corral to enter a fenced "corridor" known as the cattle lead.

Follow the cattle lead in an east-north-east direction to a galvanised gate, a distance of approximately 1.3km. Go through the gate and continue walking in the same direction along a clear vehicle track. After about 500m the track bends to the right along the fence-line. Another 100m further on is a gate on the left side. Go through this gate and walk straight ahead along the vehicle track in a north-east direction, bending round to head to the east.

The vehicle track leads around the northern side of a small rise and eventually Annie Brooks Bay comes into view. The vehicle track leads all the way to the bay, located around 2km from the previous gate.

Return via the same route.

Walk Further

From the beach, Bottomless Pond is easily visible to the north-east and can be reached along a vehicle track. Allow around an additional half-hour to walk both ways.

Tips: Look out for Striated Caracaras close to the beach. Add-in Bottomless Pond to see the deepest pond in the area.



Distance: 17 - 18 km Terrain: Moderate
Time: 5 - 6 hours plus snack breaks

5 SAND POND & STREAM

This trail includes Annie Brooks Bay and the coastline of Sand Pond to a memorial for a fondly-remembered local man, returning via Bottomless Pond. It affords amazing views and fishing is possible en-route. The walk is mainly along vehicle tracks with some scrubland and desert-like sandy areas. There are inclines.

Main route

Follow the directions for the Annie Brooks Bay trail to reach the eponymous bay. From the bay, climb upwards and walk over the scrubland in a roughly easterly direction. There is no particular path; choose a route across the heath, at times sandy "moonscape" or shore as wished, but ensuring that the shoreline of Sand Bay is always in view to the right. A memorial, inscribed "David's Place", is approximately 4km from Annie Brooks Bay, situated at the bottom of a peaceful river valley where fachine grows.

A clay vehicle track leads up and out from "David's Place". Follow this track. It meanders but mainly heads in a north-westerly direction. The terrain has a desert-like feel and there are stunning views across to West Head and Fox Bay Mountain to the left. However, it can be a little "claggy" underfoot.

Around 1.6 km from the memorial, the track heads slightly to the right from the sandy/clay area across scrubland and Annie Brooks Bay can be seen to the left. A gate is reached after approximately 100m. Go through the gate and follow the clear vehicle track which leads quite steeply downhill to Bottomless Pond then along the pond's edge to the bay.

Return to the settlement via the same outward route for Annie Brooks Bay, taking care to pick up the vehicle track in its westerly direction.

Walk Further

From "David's Place", continue up-river as wished and try out a spot of fishing. Add on any amount of additional time but allowing sufficient time to get home!

Tips:
Look out for black-necked swans and Chiloe widgeon along Sand Pond.
Build in plenty of time to enjoy breaks at Annie Brooks Bay, the memorial and Bottomless Pond.

Tips:
Allow plenty of time to paddle and explore!
Look out for sealions in the bay

Distance: 8 km Terrain: Challenging
Time: 2 - 2.5 hours plus time to explore the bay

6 CARCASS BAY



This beach is a must-see! The wide white sandy bay is home to Magellanic and gentoo penguins in summer and is beautiful at any time of year. Rockhopper penguins can be seen on the outward route (also summer only) and views are spectacular. The terrain is challenging, uneven and with steep slopes, but the walk is very rewarding.

Main route

Refer to the driving instructions, "How to get to the bridge" to begin the walk just below "The Gap".

From the bridge, walk up to "The Gap", using a vehicle track alongside a fence-line and passing through a wire gate. At the highest point of "The Gap" turn left to head north-east. To see the Rockhopper penguins (around 300m away), choose a low route.

Continue along the side of the ridge towards Carcass Bay. Around 1km from the Rockhopper colony the land opens out to a grassy area then down to the bay. The far end of the beach is approximately 1km where Magellanic penguin burrows are found.

Return via the same route or climb to the top of Coast Ridge to take in spectacular views across land and sea. If the ridge is chosen, use the east side for softer walking and particularly to descend to "The Gap" as the west side is steep and rocky.

Walk further

Clay Hill at the eastern end of the Bay is another excellent vantage point. Add up to two hours depending on fitness levels and the point to be reached.

