



## Hiking Anacapa Island

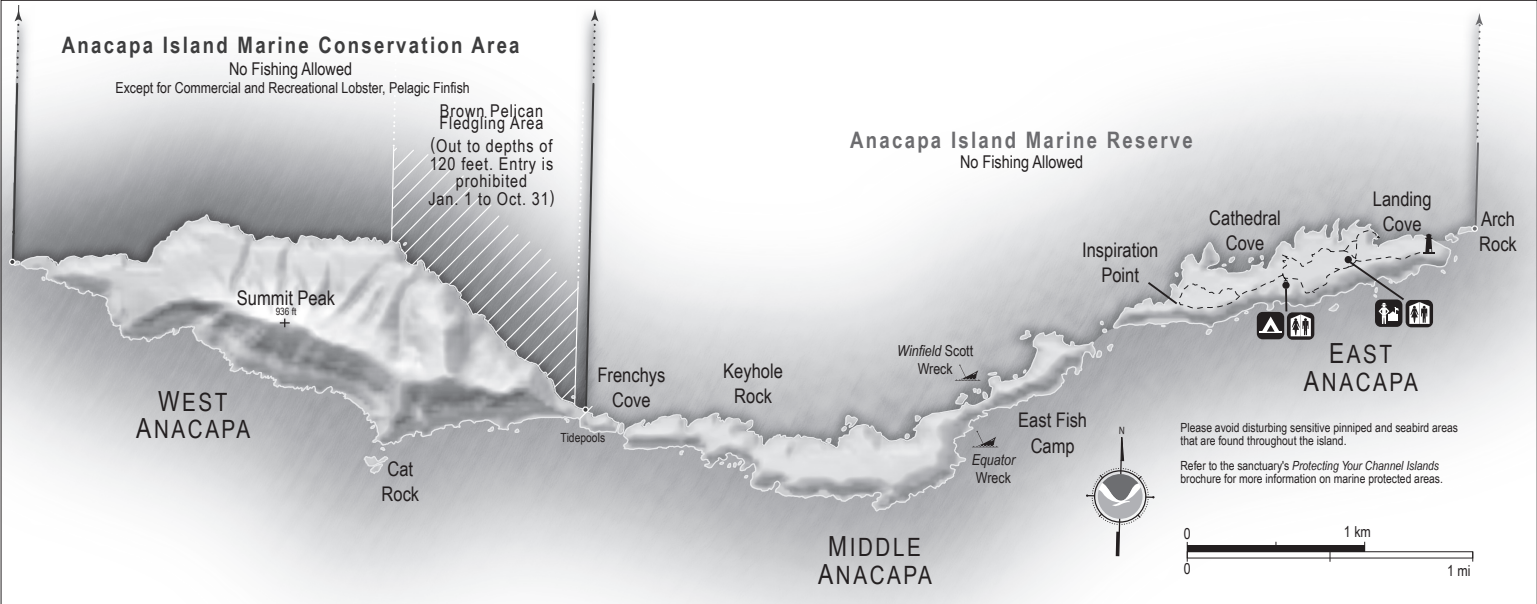


Welcome to Anacapa Island, one of the five islands in the Channel Islands National Park. Anacapa is composed of three islets: East, Middle and West. You have arrived on East Anacapa. Middle and West Anacapa are set aside for the island wildlife except for a small beach on the West islet called Frenchy's Cove that can be reached only by boat.

Once you have scaled the rugged cliffs using the stairway from the landing cove, you will find a figure eight-shaped trail system that meanders over gentle slopes to dramatic overlooks, magnificent coastal views, and the last permanent lighthouse built on the west coast. An interpretive trail guide is available to interpret these and other island resources.

Hikers need to assume individual responsibility for planning their trips and hiking safely. To increase your odds of a safe hike, decrease your disturbance to wildlife, and lessen damage to resources, visitors should be in good physical condition and must follow the regulations and guidelines in the "Limiting Your Impact" section of the park newspaper and those listed below:

- Visitor must stay on the designated trail system when hiking around Anacapa Island. No off-trail hiking is permitted.
- Avoid cliff edges. Wood railroad ties on the ground mark the safe boundary of viewing areas at some overlooks. For your own safety, do not stand on or step past these wood markers. Some cliff edges are not marked. Please stay back from exposed cliff edges as they are eroding and can be very fragile. Children should be supervised at all times by an adult.
- Since East Anacapa is a cliff island, access to the water is only at the Landing Cove (no beaches, only a dock).
- To protect wildlife and visitors, do not throw anything off the island into the ocean below.
- Hikers should never hike alone—use the buddy system. This allows someone to go for help if you encounter trouble.
- Carry plenty of water and drink it. One quart for short walks, more for longer hikes.
- Be aware of poison oak, "jumping" cholla cactus, ticks, and scorpions. Poison oak can be identified by its clusters of three shiny leaflets. Some ticks carry disease; check your clothing and exposed skin after hiking.
- In order to help prevent wildfires, do not smoke on trails or in brush areas. Smoking is allowed only on the cement area by the crane at the top of the stairs.
- When departing from the islands, visitors are responsible for meeting the boat concessionaire on time. Be aware of departure time by asking the ranger or concessionaire employees.



Hiking Destinations			
Destination (from visitor center)	Distance (miles, round trip)	Difficulty	Description
1 Inspiration Point	1.5	Easy	Extraordinary views. Not to be missed.
2 Pinniped Point	.4	Easy	Overlooks a haul out site for California sea lions.
3 Cathedral Cove	.6	Easy	Overlooks a cove with beautiful rock formations.
4 Lighthouse	.5	Easy	View the historic lighthouse built in 1932.



Inspiration Point, timhaufphotography.com

