



## Cumberland Island National Seashore Wilderness Trail Map

### What is a Wilderness Area?

"A Wilderness, in contrast with those areas where man and his own works dominate the landscape, is hereby recognized as an area where man himself is a visitor who does not remain."

Wilderness Act of 1964

The Cumberland Island Wilderness Area is composed of 8,840 acres of primitive, undeveloped land. The southern boundary is located 4 ½ miles north of Sea Camp. Within the wilderness are three camping areas or "zone camps", where individual sites are not designated. Campers may set up their tents anywhere they choose within 50 yards of the camp sign. This disperses impacts and allows the specific site where a camp was established to heal.

There are two sources for drinking water. A sulfur well is located on the trail approximately halfway between Hickory Hill and Yankee Paradise. A freshwater well is located at Brickhill Bluff. All drinking water must be boiled before consumption.

You will also find a network of trails and roads that afford you the opportunity to visit the various ecological systems found in the wilderness and the two historic districts: Plum Orchard and the Halfmoor Bluff Settlement. During wet periods, the trails through the Sweetwater Lake system may be flooded. When fording these flooded areas, watch for **SNAKES AND ALLIGATORS**.

### Minimum Impact Camping

As a visitor in a wilderness area, you have a responsibility to others who are seeking the solitude and challenges of a wilderness experience. You should **Leave No Trace** of your presence and keep all noise to a minimum. Minimum impact camping is a technique used to accomplish this goal and conserve the features of the area. These techniques will also help assure compliance with National Park Service regulations.

You must bury body waste including the paper, under six inches of soil. Then cover the site with leaf litter or other natural ground cover. Use biodegradable toilet paper and never deposit waste within 100 feet of any water source. Do not bathe or wash dishes within 100 feet of the wells. Use a biodegradable soap.

Ground fires are prohibited. Fire rings scar the land and take years to heal. Fires can also get out of control and destroy hundreds of acres. Report all fires to park rangers.

Do not dig or trench around your tent. This also scars the land and severely impacts the site. Pack out all your garbage. Raccoons dig up and scatter the buried trash.

Protect your food and litter bags by suspending them from tree limbs. This not only protects your property but also keeps raccoons and squirrels from scattering food and garbage. Always remove the rope when you vacate the site.

### Water Treatment

Do not assume that water, even in a wilderness area, is safe to drink. A thoughtless camper may have washed their dishes or deposited waste near the well. Animals also carry disease organisms in their feces. Water used for drinking or tooth brushing must be boiled or treated to kill microorganisms.

Untreated water can result in gastrointestinal illness; the most common symptoms of which are nausea, vomiting, cramps and/or diarrhea. You would not want to suffer these discomforts in a wilderness area when the comforts of home and the reassurance of medical aid may be hours away.

Disinfecting with chemicals (chlorine, iodine, or commercial products), filters, or by boiling are the recommended methods of treatment. If you choose to boil your water, allow the water to boil vigorously for at least **three minutes**. Boiling sulfur water and allowing it to sit in an open container will help dissipate the sulfur taste.

### Safety and Emergency Procedures

Use common sense; most accidents occur because of carelessness. In an emergency, keep calm. Hike or send a member of your party to the main road. Emergency radios are located at the radio tower near Plum Orchard and between the restrooms at the Sea Camp visitor center. These radios are for **EMERGENCY USE ONLY!** Cell phone users should dial 9-1-1.

During warm weather, be reasonable in your hiking plans. Drink plenty of fluids. Heat exhaustion is the most common first aid problem on the island.

Do a daily tick check and use insect repellent. Information on ticks and Lyme disease is available from the rangers.

### Regulations

All plant and animal life are protected. Do not feed or harass wildlife or disturb the vegetation.

Cross the dunes only at designated crossings. Walking on the dunes destroys vegetation and causes erosion. Dune areas also provide vital nesting habitat for sea turtles and several species of shore birds. Crossings are clearly marked by a black and white post and sign on the beach side (east) and a sign on the leeward (west) side.

Respect private property and the privacy of island residents. Travel through private property is on the main road, designated trails, and the beach below the high tide line.

Supplies and equipment must be backpacked into and out of the wilderness area. Wagons, carts and other types of transport are not permitted.

Other regulations are covered in the section dealing with minimum impact camping techniques.