

Sofaïa / Trois Cornes circular trail

Basse-Terre Nord



Saut des Trois Cornes



A fairly straightforward circular trail, passing through le Saut des Trois Cornes, which allows you to discover the rainforest. You can enjoy an outdoor shower when you arrive.

Useful information

Practice : Walking

Duration : 2 h

Length : 3.2 km

Trek ascent : 179 m

Difficulty : Easy

Type : Loop

Themes : Relaxation area, River and waterfall

Trek

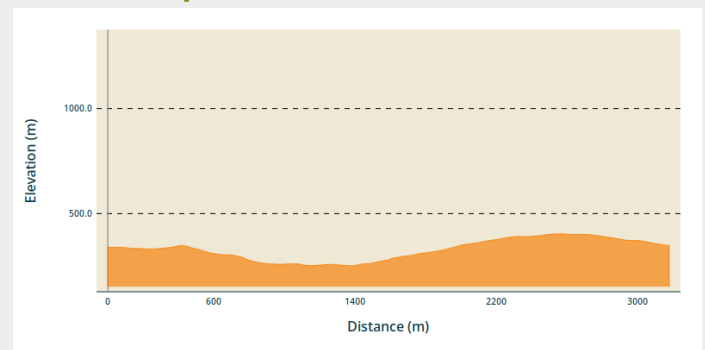
Departure : Site of the Sofaïa hot springs

Arrival : Site of the Sofaïa hot springs

Markings : — PR (short hike network)

Cities : 1. Sainte-Rose

Altimetric profile



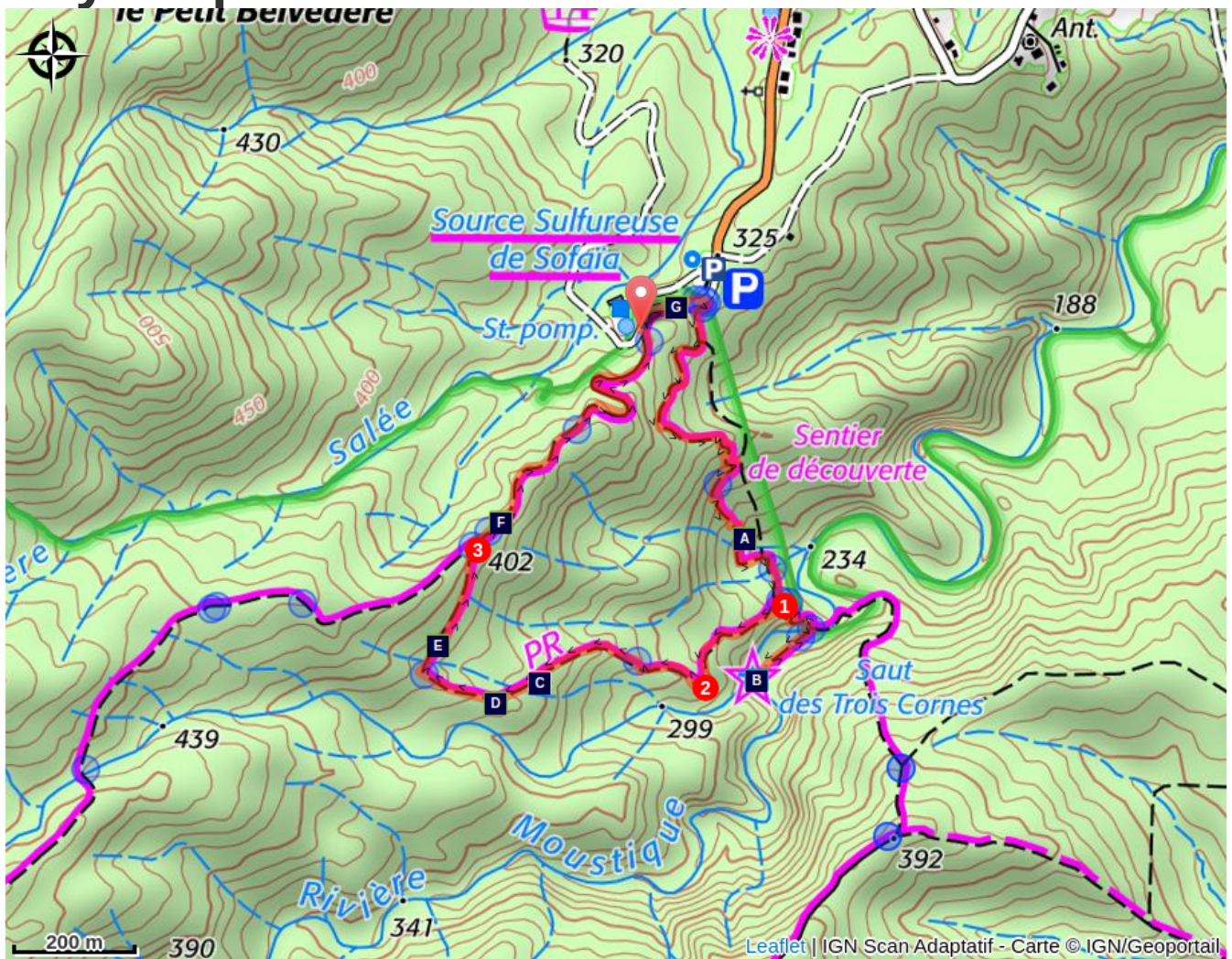
Min elevation 252 m Max elevation 404 m

Hiking trail colour: yellow

Take the route starting from the information board at the start of the hike, at the bottom of the parking area. The track goes downhill steadily through some impressive tropical forest trees. Once you reach the intersection (Point 1), keep going downhill until you emerge at the Moustique river. Cross it carefully and then keep going towards Saut des Trois Cornes. Enjoy the peace and quiet at this location before heading back. Go back to the intersection (Point 1) and head west to carry on with the rest of the circular trail. Follow the yellow markings. At the next intersection (Point 2), turn right. Go uphill steadily until you reach the crossroads (Point 3) [the trail joins up with the "Baillargent / Belle Hôtesse" and "Tête Allègre" trails].

Turn right at this intersection and then go down until you reach the site of Sofaïa. You then have the option to stop off and use the outdoor showers, located below the parking area. These showers use the hot and sulphurous waters of the Sofaïa.

On your path...



-  Creeper plant (A)
-  Rock formations (C)
-  "Bwa bandé" (E)
-  Bamboo (G)
-  Saut des Trois Cornes (B)
-  The Gommier (D)
-  West Indian Mahogany (F)

All useful information

AdVICES

Caution: River crossings. The route can be dangerous in wet conditions. Do not attempt it if it has rained the day before or if bad weather is forecast. If the water level rises, do not attempt to cross the river; wait until it recedes.

Extra care should be taken in this natural environment, as Guadeloupe is prone to natural risks. For the benefit of all hikers, responsible behaviour is requested.

Please note : the parking and swimming areas are not supervised.

Make sure you adhere to any rules issued by the Regional Health Agency concerning hot baths.

How to come ?

Transports

En Guadeloupe, 2 applications pour le covoiturage :

Dépozé : <https://depoze.fr>

KAROS : <https://www.karos.fr>

Access

GPS coordinates of the start point : Lat : 16,03459 N - Long : 61,6701 W.

At Sainte-Rose: in the town, take Route RD19 towards "Pont Canal / Sofaïa". Go uphill until "Sofaïa", go past the small chapel and visit the hot springs of the Sofaïa, at the end of the road.

Advised parking

Parking area of the Sofaïa hot springs

Accessibility

Signage

Nouveau dispositif "balises de secours" en Guadeloupe (04.2025).

En vue de faciliter les opérations de recherche et de secours, l'ONF Guadeloupe a mis en place un dispositif de balises de secours sur plusieurs sentiers de randonnée.

Ce dispositif a pour objectif d'aider les randonneurs en difficulté à se localiser et

d'améliorer l'action des secours grâce à un système de repérage standardisé. Les sentiers équipés de ces nouvelles balises sont : le Pas du Roy et le Chemin des Dames (zone Soufrière), Carmichaël et la Grande Découverte (Saint-Claude), le saut des Trois Cornes, ainsi que la boucle de Tête Allègre (Sainte-Rose).

i Information desks

Maison du tourisme de Sainte-Rose

Place tricolore, 97115 Sainte-Rose

officedutourismest@orange.fr

Tel : 0590 20 20 48

<https://www.facebook.com/Office-de-Tourisme-de-Sainte-Rose-407285159444451/>



Office du tourisme intercommunal du Nord Basse-Terre

le bourg, 97126 Deshaies

contact@nordbasseterre.fr

Tel : 05 90 21 41 09 / 0590 01 01 06

<https://nordbasseterre.fr/>



Source

Rando Guadeloupe

<https://www.randoguadeloupe.gp/>

On your path...



Creeper plant (A)

You can see a magnificent creeper plant not far from the path.

Attribution : Céline Lesponne / PNG



Saut des Trois Cornes (B)

Le Saut des Trois Cornes with its fine waterfall.

Attribution : PNG



Rock formations (C)

Large rock formations with a distinctive shape. Water, the primary erosion agent, works mechanically on the rocks, producing a polishing effect.

A local mountaineering club has coined the term "The Dragon's Rock" to describe this rock.

Attribution : Céline Lesponne / PNG



The Gommier (D)

The Gommier (*Daryodes excelsa*) can grow up to 35m high. When they are damaged, its white trunk and roots exude a white resin with a pungent turpentine smell, which is traditionally used as incense or to start fires, because it burns slowly regardless of the surrounding humidity. It is reported that the tree has the ability to cast out spirits. It is strictly forbidden to take away any plant parts from the National Park. Its trunk was used by American Indians to make their canoes (kanawa), and is still used today by coastal people from many tropical countries, such as Dominique, to make fishing vessels. Its green seeds are popular with pigeons.

Attribution : Emilie Savy / PNG



✿ "Bwa bandé" (E)

Richeria grandis belongs to the Phyllanthaceae family. It is a large variety, distinctive for its tough leaves and reddish-brown bark that so often falls victim to rogue extraction. Also known as bwa bandé in Créole, it is renowned for its aphrodisiac qualities. Its wood is used as timber or in carpentry. It has very distinctive, green, grape-like fruits which form small pods and form copiously on its branches.

Attribution : Fabien Salles / PNG



✿ West Indian Mahogany (F)

The West Indian Mahogany (*Swietenia mahagoni*) is a robust species native to Ispagnola. This dry forest tree was initially planted as an ornamental feature for houses, but then spread elsewhere. Despite the wood being of extraordinary quality, it grew too slowly to be used in reforestation. When degraded forests needed to be revived and enriched, foresters turned to this tree for the task.

Attribution : Céline Lesponne / PNG



✿ Bamboo (G)

A member of the Poaceae family, bamboo is more closely related to grasses than to trees. Made up of a woody, hollow stalk, its stem grows extremely quickly. It is both a highly resistant and invasive species in Guadeloupe and concerted efforts are being made to put it to best use in crafts and construction.

Attribution : Céline Lesponne / PNG