

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arr St John's, orientation and Welcome dinner

Today is a busy day. After arriving at the airport in St. Thomas, we'll be taking taxis, ferries and shuttles to our lodging on St. John, the smallest of the three US Virgin Islands. 60% of St. John's land is comprised of national park and is one of the best protected areas in the Caribbean. Once we've had a chance to settle in, we'll introduce ourselves, have a brief orientation to this trip and our lodging for the next week, and share the first of many delicious dinners together.

DAY 2

Kayaking instruction and paddle, snorkeling

Today is full of kayaking and snorkeling. We'll start the day with kayaking instruction on the beach in Cruz Bay, learning how to use our muscles most efficiently and how to get in and out of kayaks safely. If you've never received formal instruction, you'll be surprised how much a few basic tips can improve your kayaking. We'll practice our new strokes as we paddle to Honeymoon Beach, stopping to snorkel the seagrass bed and look for turtles and rays. Next, we paddle to Henley Cay for some superb reef snorkeling. Multi-hued fish abound and if you have never snorkeled in the Caribbean, you'll be amazed at the variety and vibrancy of colors. After resting and refueling with a healthy picnic lunch, we paddle on to Lovango Cay for more snorkeling. We'll return to Cruz Bay in late afternoon for a hearty dinner.

DAY 3

Free morning, Drunk Bay and snorkeling, optional hike

Today we will enjoy a little free time in town to do some shopping before we head out for our adventure. We will drive to the east end to visit an active salt pond and enjoy an easy .25 mile walk to Drunk Bay. This is a great spot to view some of the British Virgin Islands and see some interesting coral sculptures along the rocky windswept beach. We will then enjoy a swim and snorkel at yet another beautiful beach. For those interested we will offer a 2 mile roundtrip hike to Rams Head Point for a sweeping view.

DAY 4

Stand up paddleboarding, swimming

Today is our introduction to the rapidly growing sport of stand-up paddle boarding (SUP). We'll spend the morning learning the basics of SUP in calm, protected waters. After everyone is comfortable on the boards, we will go for a short paddle. Afterwards, those who want to do a more adventurous paddle can join us for a long paddle to an offshore cay. Those who prefer not to can relax and swim on the lovely beach. Whichever you choose, it's another lovely day in the Caribbean.

DAY 5

Kayak Coral Reef National Monument and snorkeling

Today we're back in the kayaks as we kayak the Coral Reef National Monument in Hurricane Hole. Our trip begins with a ride from our lodging to Princess Bay on the East End of the island in our safari-truck. We'll kayak through the mangrove-lined bays of Water Creek, Otter Creek, and Princess Bay and discuss the importance of mangrove forests in protecting our shoreline and in providing habitat for juvenile fish. We'll also snorkel in the mangroves, and get to see schools of juvenile snappers, barracuda and starfish, colorful sea anemone, and more. We'll enjoy a delicious picnic lunch near Turner Point and from here we will paddle to Borck Creek and onto

parrotfish and starfish, colorful sea anemone, and more. We'll enjoy a delicious picnic lunch near Turner Point and from here we will paddle to Borek Creek and onto our final stop at a small white sand beach for a nice reef snorkel.

DAY 6

Hike to Watermelon Cay and Brown Bay, snorkel

We see more of the interior today on our hike to Watermelon Cay and Brown Bay. We'll begin with a ride to see the ruins of the sugar plantation at Annaberg. After a walk through the ruins, we will hike along the shoreline to Leinster Bay and to Watermelon Cay, where the snorkeling is superb! We'll rest from our hike and have a picnic lunch on the beach before hiking onto Brown Bay. We'll enjoy a swim here and perhaps a quick snorkel before hiking back to the vehicle at Annaberg.

DAY 7

Free day with optional activities

We're going to leave today open to make sure we have time for anything we haven't done yet or want to do more of. Maybe we'll do another kayak, a hike, spend more time on a paddleboard, or enjoy additional snorkeling. An option that people have chosen in the past is to charter a boat for a day of sailing. Whatever we do, it will be a fitting cap to our week of adventure. We will end our day with a delicious, farewell dinner.

DAY 8

Leave St Johns, return to St Thomas for flight home

It's definitely going to be hard to tear ourselves away from this island paradise! You can leave anytime this morning. It takes a couple of hours to get back to St Thomas and the first ferry leaves at 7:00 a.m., so you probably shouldn't plan to fly out before 12:00 noon. Of course you may want to stay around and continue your Caribbean adventure.