



ADVENTURES
in good company



ADVENTURES IN THE CARIBBEAN

TRIP SUMMARY

HIGHLIGHTS

- Sea kayaking in crystalline Caribbean waters that are so clear you can see the bottom 60 feet below
- Snorkeling among coral reefs teeming with life
- Swimming and relaxing on quiet white sand beaches
- Standup paddleboarding
- Seeing, and being part of, the USVI hurricane recovery process

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TRIP AT A GLANCE

- Location:** St John, U.S. Virgin Islands
Activities: Multisport
Arrive: Fly into St. Thomas by 3:00 p.m. on Day 1 in order to meet at our lodging on St. John by 6:00 p.m.
Depart: Flights out of St. Thomas any time after 12:00 noon. on the last day

TRIP OVERVIEW

St John is the smallest and most pristine of the U.S. Virgin Islands. Over half of St John has been a National Park, protected from over development, for years. While ravaged by Category 5 Hurricanes Irma and Maria in 2017, the Virgin Islands have made a huge come back. Join us as we sea kayak turquoise waters, snorkel in warm water among vibrant colored fish, try our hands at standup paddleboarding, and even spend some time relaxing and swimming on white sand beaches. Our guides know all the options and are happy to tailor the trip to the group's interests. Maximum group size: 10

RATING

This trip is designed for women who want an active vacation in a warm winter environment, not your typical lie on the beach vacation. You should be comfortable in the water, and while you always have the option of taking a day off for relaxing you will be able to fully enjoy all the activities if you are active and in good condition. The trip is rated 2. Prior to beginning the trip, participants should be walking regularly at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes.

Rating: 1 [\[2\]](#) 3 4 5.

WHAT'S INCLUDED

- A local guide and an AGC guide (If there are fewer than 7 on the trip there will not be an AGC guide)
- Seven nights lodging in two beautifully appointed houses in Fish Bay with swimming pools
- Meals from dinner on Saturday through dinner the following Friday (except juice, soda and alcoholic beverages). Some meals are in restaurants, others will be prepared at our lodging by your guides.
- All kayaking, snorkeling, paddleboarding and equipment
- All transportation once you arrive in St John, including pick-ups and drop-offs at the Cruz Bay Ferry Dock at trip start and end

Not included: Travel to and from St John's, beverages excluded above, guide gratuities, the possible option of a sailing/snorkeling excursion on the last full day, and travel insurance.

OUR ITINERARY

Below is the itinerary we have planned 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

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

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

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

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

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 our final stop at a small white sand beach for a nice reef snorkel.

DAY 6

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

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

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.

ADDITIONAL TRIP INFORMATION

GETTING THERE

There are three steps in getting to our lodging on St. John:

1. You will fly into the St Thomas Island Cyril E. King Airport (STT), where you will want to arrive by 3:00 p.m.
2. From the airport you will take a taxi van to one of three marinas that run ferries to St. John. Each of the marinas have different departure schedules and range in price from approximately \$20 to \$40 round trip. Additional information will be provided in the Pre-Departure Document.
3. From Cruz Bay we will arrange shuttles to our lodging in Fish Bay. Shuttle times will be determined once we know everyone's arrival times.

GETTING HOME

At the end of our trip it you will do the same thing in reverse to get back to St Thomas. The first ferry leaves at 7:00 a.m. and the St Thomas Airport recommends getting there three hours early, so don't plan to fly out before 12:00 noon.

Your Pre-Departure document will contain detailed instructions for each of these steps.

AIRFARE

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

ACCOMMODATIONS

We'll be staying in two beautifully appointed houses in Fish Bay, directly next door to one another. Both have swimming pools, areas for lounging indoors or out, and full amenities. Casa Del Palmas is where we'll enjoy most of our meals and where all of our group gatherings will take place. Fish Tales, next door, provides a simpler, quieter setting for those who prefer a bit more privacy. Together there are 8 bedrooms and 7 1/2 bathrooms. Some of the bathrooms are ensuite and some are shared.

<https://www.antaesvi.com/casadelpalmas>

<https://stjohnhouse rentals.com/2bedrooms/fish-tales>

Our trip cost is based on both single and double occupancy, with two discounted double occupancy rooms available. We have categorized the rooms for your selection. There are:

- Four standard single occupancy rooms
- A deluxe double occupancy suite
- Two smaller double occupancy rooms at a 10% discount

Availability of each type of room will be clearly noted when you register. Be sure to note your choice.

TRAVEL INSURANCE

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit [Travelex Insurance](#) or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)