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

### Arrive St John, orientation and Welcome dinner

Today is a busy day. After arriving at the airport in St. Thomas, you'll be taking a taxi, a ferry, and a shuttle to our lodging on St. John, the smallest of the three US Virgin Islands. Upon arrival at the villa, we'll get a cold drink, put our feet in the pool, and feel ourselves start to relax and reset to "island timeâ€, which means we'll be intentionally spending the next week soaking up our surroundings with a relaxed pace and mindset - while still fitting in lots of action! Our daily itinerary this week may shift based on tides, weather, and wind so that our guides can expertly provide the best experience possible. 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.

Overnight: Great Expectations Villa (D)

DAY 2

#### National Park Service hike to Reef Bay

This morning we'III embark on a hike through St. John history with the National Park Service. Approximately 60% of St. John is comprised of national park, making it one of the best protected areas in the Caribbean. Today's destination, Reef Bay, falls within that protected boundary. We'II hike 2.3 miles one way from the trailhead to the beach, passing through almost every land habitat of Virgin Islands National Park. Our route will descend past remnants of sugar plantations, ancient stone walls that once fenced cattle, and petroglyphs carved into stone by the indigenous Taino people. Our National Park guide and these historical artifacts will help tell us the stories of the different generations of island inhabitants. After lunch and a rest at the stunning Reef Bay, we'II take a 40 minute boat ride back to the Cruz Bay Visitor's Center. We should have plenty of time for a refreshing dip in the pool before dinner.

Overnight: Great Expectations Villa (B, L, D)

DAY 3

# North Shore kayak and beach tour

Today we'II be back in our kayaks, starting the day with a safety and paddling review on the beach in Cruz Bay. We'll stick together as we wind our way out of the harbor, and paddle to Honeymoon Beach, stopping to snorkel the seagrass bed and look for turtles and rays. After Honeymoon we'II head further up the coast to Scott's beach, accessible only by boat, where we'II enjoy the earned luxury of an uncrowded and remote white sand beach. Depending on conditions, we may also 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 returning to Cruz Bay, we'II spend the afternoon visiting the beautiful beaches of the north shore, ending with a sunset picnic.

Overnight: Great Expectations Villa (B, L, D)

DAY 4

#### Salt Pond, Rams Head, and Drunk Bay

Today we will return 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

interested we will offer a 2-mile round trip hike to Rams Head Point for a sweeping view. Whether you choose to hike or relax on the beach, it's another lovely day in the Caribbean.

Overnight: Great Expectations Villa (B, L, D)

DAY 5

# Annaberg Sugar Plantation and Waterlemon Caye

We see more of the interior today on our hike to Waterlemon Caye 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 Waterlemon Caye, where the snorkeling is superb! We'll rest from our hike and snorkel, and have a picnic lunch on the beach before embarking on an optional hike to Brown Bay. We'll enjoy a swim here and perhaps a quick snorkel before hiking back to the vehicle at Annaberg.

Overnight: Great Expectations Villa (B, L, D)

DAY 6

# Exploring the East Side

Today is full of kayaking and snorkeling as we explore the Coral Reef National Monument in Hurricane Hole. We'Il start the day with instruction on 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 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. We'Il round out our day with an early dinner at a St. John institution - Skinny Legs. You know what they say - there's nothing like a cheeseburger in paradise and this local watering hole is practically a required stop on all St. John itineraries!

Overnight: Great Expectations Villa (B, L, D)

DAY 7

## Sail into the sunset

We will cap off our week in the islands with some time spent sailing the crystal-clear Caribbean waters. We'II meet our sailing charter at the National Park Dock in Cruz Bay and enjoy the island breeze one last time via sailboat while we snorkel, explore, island hop, or sunbathe - passenger's choice! Following our sail we'II have time to stroll around town and shop for a few mementos to remind us of our time on St. John when we return to the mainland. We will end our day with a delicious farewell dinner.

Overnight: Great Expectations Villa (B, L, D)

DAY 8

## Leave St John, 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 about an hour to get from St. John back to

