



"The Grande Dame" of Women's
Adventure Travel Since 1982

2010 ~ Celebrating 28 Years!

DATES

March 10 - 16, 2010

COST

\$2,995.00 (\$800 deposit)

RATING

Easy to Moderate

ACTIVITIES

Sailing, Scuba Diving, Snorkeling, Swimming,
Sea Kayaking, Sailing Hobie Cats, Hiking,
Beach Combing, Photography, Water Skiing

MAIN ATTRACTIONS

- 6 days / 6 nights fully crewed and privately chartered Caribbean sailing trip aboard the world's largest trimaran, Cuan Law, in luxurious double stateroom accommodations.
- Sailing, snorkeling, scuba diving, sea kayaking, and more each day in different locations throughout the Caribbean's British Virgin Islands.
- All-inclusive meal package with "completely decadent and fabulous cuisine..." served under the aft deck canopy with "views that change with every meal."
- Living aboard and sailing in the Caribbean, an experience rated as "one of the top five vacations in the world" by travel writers.
- This is AdventureWomen's longest-running, most popular winter Caribbean getaway!

AdventureWomen is the oldest
adventure travel company for
active women over 30.

ADVENTURES IN PARADISE

Caribbean Sailing, Snorkeling, and Scuba Diving in the British Virgin Islands

Welcome aboard the Cuan Law, the world's largest, most luxurious and spacious trimaran—a sailboat truly in a class by itself. Combine this with the best snorkeling and scuba diving vacation in the Caribbean and life aboard can only be described as **nothing less than awesome!**

Imagine waking up in your own private, twin-bedded, spacious en-suite stateroom, wandering through the vast main salon to the wonderful expanse of open deck, where you are greeted by some of the loveliest tropical scenery the Caribbean has to offer. Experience turquoise waters, white sand beaches, spectacular snorkeling, and unbelievable scuba diving—just by stepping off the boat—as well as exhilarating sailing, sunny island explorations, beach-side barbeques, and gourmet international cuisine served on the aft deck—a restaurant with an excellent, ever-changing view. And, this is only a small part of your Caribbean vacation! If you'd like to be more active, the Cuan Law has 2 Hobie Cats to sail, 4 sea kayaks to paddle, and water skiing available.

For 28 years, AdventureWomen has "migrated" to the Caribbean each winter. It is, without a doubt, one of our **longest-running, most popular** warm-weather getaways. Who wouldn't want to bask in the warm, gentle breezes of this sunny tropical paradise, leaving behind the coldest season of the mainland U.S.? Living on a sailboat in the Caribbean has been called "one of the top five vacations in the world" by Stanton Delaplane, a Pulitzer Prize-winning syndicated columnist and travel writer. AdventureWomen participants who have vacationed with us in the Caribbean over the years all agree that a week on the Cuan Law trimaran is their "BEST trip ever" in the Islands. Wouldn't you like to find out why?

The Cuan Law, our home away from home, is not like any other sailboat you've ever seen. Custom-designed for luxury live-aboard scuba diving, sailing, snorkeling, or just plain relaxing, the Cuan Law is 105 feet long and 44 feet wide. Two 110-foot masts spread 5,200 square feet of sail over the massive deck. Her size and tri-hull design provide extreme stability, both at anchor and while underway. With a captain and 7 crew members at your service and 3 scrumptious meals a day, you'll feel comfortable and very pampered for the week, from the minute you set foot on-board.

Never tried scuba diving? THIS is the place, and the boat from which to do it. Try the "Learn to Scuba Dive Resort Course." With no experience necessary, it's a wonderful opportunity to experience the spectacular underwater world of the Caribbean with trained PADI certified dive masters.

Want to become a PADI certified scuba diver? Then do your course

WHAT'S INCLUDED IN THE PRICE OF THIS TRIP

- 6 days and 6 nights, private AdventureWomen charter (20 passengers maximum) on board the luxury trimaran Cuan Law.
- 10 spacious twin-bedded, double occupancy en-suite staterooms, air conditioned, with 2 hatches per room (great views and fresh breezes!), and abundant storage space. There's even space to hang clothes, and 2 drawers per person at the end of each bed. Private bathrooms with freshwater showers and a toilet in each room (the boat has a "reverse osmosis" water system that converts 75 gallons of seawater into fresh water each hour!)
- Huge lounge area with plenty of ultra-comfy sofas and chairs, and fully stocked honor bar.
- All hors d'oeuvres and 3 meals a day, from dinner on arrival day through breakfast on departure day. All non-alcoholic beverages throughout the trip are also included (coffee, tea, fruit juices, iced tea, sodas.)
- For snorkelers: snorkel gear is provided (mask, snorkel and fins), but you are encouraged to bring your own mask if you have it.
- For scuba divers: diving, services of PADI instructor/guides, tanks (aluminum 63s, 80s, and 100s), weights, belts, masks, fins, snorkels and air are all provided. If you don't want to lug heavy dive gear from home, high-quality rental dive equipment is available on-board for rent (regs, BCs, and Genesis dive computers.) Certified divers are required to present their "C" cards before their first dive.
- The use of two 14-foot Hobie Cat sailboats and 4 sea kayaks.
- 2 fully-crewed, 20-foot 85 hp rigid hull inflatable dive tenders for scuba diving, snorkeling, waterskiing, and trips to shore.
- Fully crewed, chartered boat (captain, chef, sailing crew, dive instructors.)
- One AdventureWomen Associate trip escort.

work and pool work at home, and come on board with a referral letter from your dive instructor. You can then do your 4 open water dives on the boat and get your PADI certification within days.

Already a certified scuba diver? Then you can do advanced courses during the week, or just enjoy the camaraderie of diving with an enthusiastic group of women. Many AdventureWomen have taken the resort course on board, and then enthusiastically returned the next year to complete their 4 open water dives to get their PADI certification.

The Cuan Law offers the services of instructor-guides, tanks, large (but quiet) compressors, weight belts, masks, fins, snorkels, and air—all included in the price of your trip.

Just want to snorkel? Perfect! You'll be among the majority of participants on the boat, who enjoy viewing fabulous fish and reef-life from the surface of the water instead of from below.

Every woman's activity level and water sport interest can be accommodated on this adventure. Whether you are a beach potato or beachcomber, snorkel or scuba diving enthusiast, sea kayaker or sailor, or you just want to sit in a hammock and read a book—you can have it all.

The name Cuan Law reflects the Scottish heritage of its owners and designers, Annie and Duncan Muirhead. "Cuan" is the Scottish-Gaelic word for ocean, and "Law" is Scottish for mountain. The Cuan Law's impressive tri-hull design and size will remind you of a mountaintop rising from the ocean's surface.

Join us for a week in SUNNY PARADISE! With only 20 AdventureWomen participants and our own captain and crew, discover the magic of the Caribbean's British Virgin Islands, both above and below the water!

HOW TO REGISTER

First, call or email (advwomen@aol.com) the AdventureWomen office at 800-804-8686 to determine space availability. We will hold a space for you for 5 days while you complete the application process, and make personal and travel arrangements.

Next, you must complete and sign the Trip Application form included in all our brochures. We can also fax or mail one to you, or you can fill out the Trip Application form on our Web site by clicking "Book Now" on our home page. Include with the application the required deposit, which can be made by credit card (Visa or MasterCard), personal check, money order, or cashier's check. You are also welcome to register over the phone with a credit card. Once we receive your deposit and trip application, we will mail you a package of information verifying your registration.

Then, call our travel consultants at Montana Travel, 800-247-3538, and ask for Ciretta to make your airline reservations.

NOT INCLUDED

- Round trip air transportation from your home to Tortola, the British Virgin Islands.
- Transportation from the airport on Tortola to the sailboat (we will set up an inexpensive taxi ride for you to the boat with Eddie, the boat's reliable cab driver. After registering for the trip and once you have your air schedule, please call or fax to us your airline schedule.)
- Alcoholic beverages. You can pay a flat fee of \$110 for the week, and have all your wine, beer, and mixed drinks included. Or, you can pay by the drink.
- Local government passenger tax and National Parks fee for a total of \$28.
- Gratuities to the crew. We recommend each participant set aside \$200 for tips to the crew.
- For scuba diving: any "special" instruction (see our details on "Scuba Diving"), and any extra equipment you may want to rent. Also, wetsuits for scuba diving are sometimes available, but we encourage you to rent from home, or bring your own.

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the Liability Form carefully, sign it, and return it with the remainder of your balance due by DECEMBER 10, 2009.

CANCELLATIONS AND REFUNDS

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days

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Note: We will only hold your space for 5 days without a trip application and deposit payment!

ARRIVAL AND DEPARTURE

You will be flying round trip into Beef Island Airport, Tortola, the British Virgin Islands. The most popular route to the BVI is via San Juan, Puerto Rico. From San Juan, a short connector flight to Tortola will take you to Beef Island (the east end of Tortola), where the airport is located. The boat will be anchored close to RoadTown, a 15-20 minute ride from the airport. You can board the boat between 12 noon and 3 PM on Wednesday, March 10, 2010, so you should plan to arrive on Tortola before 3 PM of that day.

Since we are not always sure, year to year, where the boat will be anchored, we will arrange a taxi transfer for each participant from the airport (or hotel where you are staying) to the boat. Once we know your airline schedule, flight number, and arrival time, a pick-up will be arranged for you with the boat's reliable taxi driver, Eddie. Although this is at your own expense, Eddie is dependable and very reasonably priced. Please call or send us your airline schedule as soon as you have it arranged.

We expect to be back in RoadTown, Tortola, on Tuesday morning, March 16. The boat arrives early enough to allow you time for shopping before leaving the islands. We must be off the boat by 12 noon. Transfers to the airport will be arranged for you with our taxi driver. If you're flying out later in the afternoon, your luggage can be stored on the boat until your departure.

NOTE: If you are planning to scuba dive, you might consider staying on Tortola the night of March 16. Since your last dive must be approximately 24 hours prior to boarding an airplane, staying an extra night on shore will allow you a few more dives. For example: if you plan to fly at 12 noon on March 16, your last dive must be over before noon on March 15. If you stay overnight on the 16th, you will be able to dive throughout the day on the 15th.

Another alternative route to Tortola is to fly into St. Thomas in the U.S. Virgin Islands and take an inter-island ferry to RoadTown, Tortola, then have the taxi driver pick you up and take you to the boat. With this alternative, it is best to fly into St. Thomas a day early on March 9. St. Thomas is a duty free port, and there is LOTS of shopping (for those women who love to shop till you drop!)

From St. Thomas, you will have to take an inter-island ferry to RoadTown, Tortola, the British Virgin Islands. For a ferry schedule, you can contact any of these ferry services:

**The Fast Ferry, at 340-777-2800 (this is your best alternative)
Smith's Ferry Service, at 284-495-4495
Native Son Inc., at 284-495-4617

Note: Your best bet is the Fast Ferry that arrives directly into RoadTown, Tortola. However, always phone ahead to verify exact times.

days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency cancellations. (Information will be sent to you in your registration packet.)

SWITCHING TRIPS

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

NO SMOKING POLICY

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

IMPORTANT INFORMATION ABOUT TRAVEL ARRANGEMENTS

We suggest that you book your air reservations with our travel consultant soon after registering for this trip!

On ADVENTUREWOMEN trips, participants fly from all over the country and must arrive at a specific place at relatively the same time. It is therefore extremely important that we know how you will be traveling, what time you will be arriving, and on which airline you are traveling. Please call the AdventureWomen office with that information when your travel arrangements have been finalized so we can coordinate your taxi transfer.

In order to facilitate group arrivals and departures, we ask that you work directly with our travel consultants at MONTANA TRAVEL to make your

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If you are flying into St. Thomas a day early, or plan to remain longer, two convenient places to stay are the Best Western Emerald Beach Resort, (800-233-4936 in the U.S., www.emeraldbeach.com), or the Island Beachcomber Hotel (340-774-5250, www.islandbeachcomber.net). They are adjacent to each other and located only a mile from the airport and two miles from town.

Hotel Recommendations for Tortola

Arriving early or staying later in Tortola? - Places to stay: Due to airline security and late flights, we suggest you think about arriving a day early into Tortola or St. Thomas, unless you live on the East Coast and can arrive before 3 P.M. of the day we board the boat.

In RoadTown (for an overnight stay of a night or two at either end of the trip), Maria's is our favorite hotel, and most women choose to stay here. Located right in RoadTown and very convenient to restaurants, shopping, and the boat, it is clean, has a really pretty pool, and is "reasonably" priced (by Island standards, that is):

Maria's Hotel by the Sea: 284-494-2595, or go to http://www.wheretostay.com/bvi/caribbean/property-597-overview-Marias_by_the_Sea_Hotel.html

If you are staying longer and want to be at a hotel/inn or beach resort on Tortola (definitely more expensive than Maria's), we recommend the following places to stay:

Sebastians on the Beach: 800-336-4870, www.sebastiansbvi.com, a charming and casual hotel on a beautiful white sand beach.

Long Bay Beach Resort: 800-729-9599, www.longbay.com, a more luxurious, secluded and expensive resort, also with a beautiful beach.

Or, you can just stay at Maria's and do some walking excursions and day trips. One year, a participant came 2 days early and from Maria's walked around RoadTown, saw the beautiful Botanical Gardens (in RoadTown), took a 2-hour taxi ride (\$45) of the island, ended up at Cane Garden Bay for a late lunch until sunset, and then taxied back to RoadTown.

For a list of more hotels on Tortola see: www.caribbean-on-line.com/bv/bvh_shtml

HEALTH REQUIREMENTS AND HEALTH INSURANCE

Although this trip is rated as EASY to MODERATE, you must be in very good health to participate and be agile enough to easily jump into and out of rubber dinghies from the boat, from a dock, and from the shore. Physical activity, snorkeling, scuba diving, and the demands of international travel all require you to be in good health.

You MUST have your own health insurance.

TRAVEL DOCUMENTS AND ENTRY REQUIREMENTS

You must have a U.S. passport as proof of citizenship for travel to the British Virgin Islands.

travel arrangements. Either before or after booking your trip, please call CIRETTA at MONTANA TRAVEL, in Bozeman, Montana, at the following telephone numbers:

1-800-247-3538
OR FAX 1-406-586-1959
ciretta@mttravel.com
CANADIAN RESIDENTS,
please call 406-587-1188

When calling, please identify yourself as an ADVENTUREWOMEN TRAVELER. If you leave a message on CIRETTA'S voicemail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels and rental cars, should you want to come early, stay longer, or share a rental car or hotel room with another participant. If you do not purchase your air ticket through Montana Travel, you are responsible for making your own arrangements for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 to 12 weeks prior to departure!

**Please keep this in mind
when making your travel plans.**

MONEY

Traveler's checks, cash (U.S. Dollars), or credit cards are accepted in the British Virgin Islands, and on the boat.

ABOUT THE CUAN LAW AND THE BRITISH VIRGIN ISLANDS

The Cuan Law is the perfect match for anyone who loves the water! There are plenty of activities to keep everyone busy: scuba diving, snorkeling, sea kayaking, sailing a Hobie Cat, island excursions, hiking, relaxing on the deck, or reading a book in the lounge, or in one of the hammocks on deck.

The British Virgin Islands is one of the world's finest sailing destinations and Cuan Law was designed especially for this area. The sails are unfurled whenever the wind is right, which is the majority of the time. With a steady wind behind her, she can cruise at speeds up to 14 knots. The stability provided by her triple-hull design defines the phrase "smooth sailing!"

ACCOMMODATIONS

The accommodations aboard Cuan Law are spacious and comfortable. There are 10 large double staterooms, each with twin beds which can also be made into one large bed. Every stateroom is located directly off the main lounge so that it has an outside view (and 2 hatches to catch the ocean breezes.) Storage space is abundant with shelves and 2 large drawers per guest, as well as a hanging closet in each room. There's even space for hard suitcases under your bed!

Cabins are fully air conditioned, with a thermostat so you can adjust to your desired temperature. 2 hatches give you the option of natural ventilation, along with splendid views.

All staterooms have a private bathroom with a shower and a toilet that works just like the ones back home. Fluffy, colorful towels and quality linens add the finishing touch. There is a standard 110 outlet, and every bathroom contains an overhead hatch. Safety requirements demand that each room on the ship has 2 escape routes, so all hatches are person-sized.

The spacious salon is the social hub aboard the boat, with cabins arranged in a U-shape around the front and sides. This common area serves as a central gathering place for guests and crew. The atmosphere is bright and cheery. Large sofas, tables, and easy chairs provide plenty of places to lounge, read, or take an afternoon nap. There is a library of books and magazines available, and a movie room for DVDs and video movies. Overhead hatches let in light, and central air conditioning keeps the room cool and dry.

A TYPICAL DAY IN THE CARIBBEAN ABOARD THE CUAN LAW

When you hear a bell, it's either time to snorkel and dive, or to indulge in a culinary adventure! Mornings begin with the irresistible aromas of home-style cooking. A buffet-style breakfast includes coffee, fresh fruits and juices, homemade muffins, breads and pastries, a variety of cereal,

and a sumptuous hot meal. Before breakfast, however, there are opportunities to take out a sea kayak for an early morning paddle, or just sit on the deck and watch the sun come up onto the turquoise Caribbean waters.

After breakfast we set sail to find a beautiful spot to anchor. With an abundance of vibrant shallow reefs and intriguing caves, you'll have plenty of opportunities to grab a mask and snorkel or to scuba dive to investigate the marine world. Masks, fins, snorkels and flotation vests are part of your package. There are dozens of anchorages and over 100 dive sites for scuba divers and snorkelers. The itinerary of the boat varies from week to week, depending on the weather, and the whims of the captain.

Lunch is an elaborate buffet served under the shaded rear deck canopy. You'll enjoy such culinary masterpieces as homemade pizza, quiche, fantastic fresh salads, and savory vegetables.

Between meals there are plenty of snacks including bowls of chocolate goodies (the way to a woman's heart), fresh fruit, and delicious hors d'oeuvres in the afternoon.

After lunch we begin sailing to our anchorage where we moor for the night. Once we arrive there are more opportunities for snorkeling or scuba diving. You might also want to go ashore. Sandy white beaches are not to be missed, especially on the day of our special beach barbecue at The Baths on Virgin Gorda. "The Baths" is a unique rock formation of huge boulders and hidden sea pools. The crystal blue waters and many pools filled with tropical fish make this area a popular snorkeling and scuba diving spot.

Legend has it that pirates' treasure was discovered on Norman Island around the turn of the century. Believed to be the 'Treasure Island' of Robert Lewis Stevenson's book, the *Caves at Norman Island* are a great place to dive and snorkel. The steep cliffs drop down as deep as 40 feet and are home to fish, sponges, coral, and shrimp.

And dinner... aah. A classic sit-down event with china and crystal is the culinary highlight of the day. A

savory blend of international cuisine and hearty island cooking are complimented by a selection of fine wines. After a week of dining on the Cuan Law, you'll find it difficult to go back to your own cooking! And make sure you save room for those diet-defying deserts such as Key Lime Pie and Brownies Fantasia. To quote one guest, "Completely decadent and fabulous cuisine..." Needless to say, this is not the time to start the diet you've been meaning to begin!

After dinner we might have a rousing game of "Dimes" (a favorite game of AdventureWomen, along with the boat's crew!), or watch the sun go down as you sip a nightcap from the boat's bar. Scuba divers can choose to do an exciting night dive, an experience that you won't soon forget!

THE CREW AND GRATUITIES

The Cuan Law crew is terrific and extremely professional. In addition to the Captain, there are the head dive instructor and first mate; the chief engineer and resident photo pro; a chef, fish-talk translator, an astronomy expert; and 2 other crew members who do everything else. These people work as an efficient and friendly team, and they provide the services of a hotel, restaurant, bartender, guide, teacher, entertainer, chauffeur, and deckhand, all of which you normally tip or pay a service charge for at home. During this week you will be catered to, with every possible amenity considered. If you are pleased with the services of the crew at the end of the week, we encourage you to leave a gratuity of at least \$200.

SCUBA DIVING: For more specific information, see the attached sheets at the end of this itinerary.

WHAT TO BRING

Life aboard the sailboat is informal and fun. Casual clothing is the norm, even for jaunts ashore. You'll live in bathing suits, shorts, t-shirts and sandals all day. At dinner, the culinary highlight of the day, guests are asked to put on a "smart" blouse and shorts, a colorful wrap, or a casual lightweight dress/skirt (no jeans or bathing suits, please.) You will enjoy dressing up a bit for our "dinner occasion", celebrating the dazzling sunset with appetizers, drinks, a gourmet dinner, and international wines, all served outside on the aft deck.

**ABOUT ADVENTURE
TRAVEL TODAY
Please Read Carefully!**

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a sense of humor! *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist.* The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important, and contributes to the congeniality, success and well being of both individuals and the group!*

TRAVEL LIGHT! We suggest you carry your valuables, toiletries, medications, and a day's change of clothing (including your bathing suit), in your "carry on" bag. You will then avoid unnecessary aggravation and worry by being properly prepared in case of delayed or temporarily lost luggage.

WHAT TO BRING

- A pair of tennis type shoes, sport sandals, or deck shoes (hard soled shoes are not permitted on boats). Sport sandals are best as they can be worn on the boat, in the water, and on the beach.
- Bathing suit(s).
- 3-4 blouses or T-shirts.
- 3-4 pair shorts.
- 1-2 long-sleeved shirts (for cool evenings or for sun protection.)
- 1-2 lightweight long pants (mostly for traveling to and from the Virgin Islands.)
- Cotton sleep wear, underwear.
- Windbreaker or light weight water-repellent jacket.
- Personal toiletries.
- Hat (brimmed or visor-type that won't blow off in a breeze.)
- Sunglasses.
- Earplugs (for loud, crashing waves, or snoring roommates?)
- Sunscreen, lip balm with SPF.
- Special medications that you may need should be brought down with you. There are pharmacies and drug stores in certain areas, but your particular prescription may be impossible to obtain.
- A good book or two that you have been dying to read!

For snorkeling: You may wish to bring a pair of light cotton gauze-type pants and shirt to wear while snorkeling to prevent sunburn on your back and the backs of your legs. You may also want to bring a pair of socks or short "golf socks" to wear inside your fins to protect your feet from chaffing. Although snorkeling gear is provided on the boat, this gear does not take prescription glasses into account. If you prefer, and if this will be an important factor for you in snorkeling, you can purchase a prescription optical mask in the States and bring it along. If you have your own mask and snorkel, we encourage you to bring them along. Fins are available on the boat. You will often be more comfortable if your gear fits perfectly.

chase a prescription optical mask in the States and bring it along. If you have your own mask and snorkel, we encourage you to bring them along. Fins are available on the boat. You will often be more comfortable if your gear fits perfectly.

For scuba diving: The Cuan Law does not carry wetsuits for rent, so if you think you might want to try the "Learn to Scuba Dive Resort Course", it is best to buy or rent a wetsuit from home. A Polartek-weight wetsuit is practically perfect for the water temperature in the BVI, about 78 degrees in winter. If you tend to get cold, a thicker wetsuit of about 3-5 mils would be better. If you plan to night-dive, bring your own light. However, several models of Ikelite lights are available for sale on the boat.

And last, but not least! When you are in the islands, plan to RELAX! This is YOUR vacation! The island pace is slow and casual, and schedules are non-existent. On this trip, we definitely "go with the flow" of the wind, the waves, and the weather.

See more about scuba diving on following pages

ABOUT SCUBA DIVING ON THE CUAN LAW

If you arrive as a non-scuba diver but want to learn, the instructors on Cuan Law offer a Resort Course and a one-week PADI certification course. The warm, clear waters of the BVI serve as your classroom and open water test ground. Many women do their PADI course work and pool work at home, and then bring a referral letter from their instructors to do their 4 open water dives and get certified on the Cuan Law. This is a great way to get your "C" card! (Read "a", "b", and "c" below), and AdventureWomen recommends this as the best way to get your diving certification.

If you are already a certified diver with a "C" card, then you have the choice to follow a dive guide or venture off on your own. You handle your tank as little as possible. Set up your tank for the first dive and the crew handles it from there. You simply step up to the waist-high tank deck, where a crew member has your tank waiting for you to slip into your BC. From there you either giant stride off the aft deck or board the inflatable. After the dive you step up to the tank deck and your tank is taken by the crew to be filled for the next dive and stored out of the way. Almost like checking your coat at a fine restaurant! Tanks with BCs and regs in place are stored on the back aft deck out of view of the canopied aft deck. Masks, snorkels and dive accessories are stored conveniently in dive bins located under the seating area. This keeps the dive deck from becoming cluttered.

You'll always get a full tank aboard the Cuan Law. Below deck, there are 2 air compressors efficiently pumping the 3,000 psi aluminum 100s, 80s, and 63s.

Most dives are not deep or demanding, with the majority being shallower than 80 feet. Resort Course students will be diving not more than 40 feet. Surface conditions are normally quite calm, and the 8-10 inch tidal range does not usually generate the swift currents found elsewhere. An advantage of diving aboard the Cuan Law is that the Captain won't hesitate to criss-cross the islands to put you into the best dive conditions each day.

You will see a year's worth of critters and coral no matter where you dive, or how deep. Caribbean reef sharks, manta rays, and spotted eagle rays are not uncommon, but the BVI is most known for the incredible diversity of reef fish. Since the BVI is protected under the National Parks Trust, several special

areas, such as the "Wreck of the Rhone", receive extra protection as marine parks. As a result, divers enjoy healthy reefs with an enormous variety of fish.

Visibility is normally in the 60-100 foot range, with occasional days of 120 feet at some sites.

PADI INSTRUCTION FOR BEGINNING AND ADVANCED SCUBA DIVERS

a) Discover Scuba Diving-Resort Course.

Try it!

The PADI Discover Scuba Diving program allows those who have never tried diving to safely experience the same sense of wonder and excitement shared every day by scuba divers throughout the world. Under the careful supervision of a PADI instructor, participants actually go on up to 5 scuba dives in shallow, calm water of no more than 40 feet. The cost for the week is only \$75, and the cost for renting equipment is about \$75. You will need to bring a wet-suit (best to rent it from home). There are very few available on the boat, and most likely not in your size. This is the BEST way to learn about scuba diving for a very minimal cost (approximately \$150)!!

If you decide that you would like to get certified, then the next thing to do is go home and do your pool and classwork (see below), and return the next year with a letter of referral. Then get certified on the boat by completing your 4 open water dives on the trip. Many AdventureWomen have become PADI certified divers by doing this (see "b" next).

b) Open Water Referral -

Become a PADI Certified Scuba Diver

It is strongly advised that you do your pool and class work at home, and come with a referral letter from your instructor and complete your 4 open water dives on board. This way you will not waste your vacation time in a "classroom." Cost is \$150. If you do your course work and open water pool work at home, then the best way to get certified is to earn your Open Water Certification (below) on the Cuan Law! Being certified (getting your C-card) as an open water diver enables you to buy/rent Scuba equipment and dive without direct instructor supervision.

c) Open Water Diver Certification

If you decide to do your total Open Water Diver Certification on the boat, it will involve your book work and coursework, and 4 open water dives from

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the Cuan Law. (Although you will be able to do MANY more dives during the week, the certification only requires 4.) Cost is \$300 to gain your Certification, and your "C" card (which is the minimum amount required so that you can dive anywhere in the world!)

We do NOT suggest you do this entire course on the boat, as you will not have time to have fun! Coming with your "referral" (option "b") is the best way to get your certification, as you will have already done your time-consuming course work and pool work at home.

d) Advanced Open Water Certification

Once you have your "C" card, this next step develops skills and introduces you to night diving, deep diving, underwater navigation and 2 to 6 other specialties you and your instructor choose. Book included, \$120. Book on loan, \$70.

DIVE BOATS

2 to 3 dives are planned each day, including a morning dive after breakfast, an afternoon dive after lunch, and a night dive, dependent on our anchorage.

Most dives are made from the two 20-foot, 85 hp custom rigid hull inflatable boats. Cuan Law is almost always anchored in flat, protected water and since the dinghies slide conveniently into "parking spots" on each side of the Cuan Law's center hull, boarding is easy.

At the dive site divers simply back roll into the water from the normal sitting position. Getting back into the boat is almost as simple. A sturdy stainless steel ladder with wooden steps folds down from the transom, extending about 4 feet below the surface. The inflatables are manned continuously during dives so you are always assured of a quick pickup, no matter where you surface.

With both dinghies in the water and Cuan Law anchored over a dive site, 3 different locations can be dived simultaneously, ensuring that you won't have to dive with a crowd. The dinghies are also used for shore expeditions and snorkeling.

Other diving courses offered:

PADI International Naturalist Specialty Course
Includes fish ID slate and certification card: \$75

PADI Photo Specialty Course
Includes use of the equipment (Nikonos or Sea & Sea), 3 dives, film processing and C-Card: \$250

These charges are for instruction and do not include equipment. Due to regulations by American Certifying Authorities, uncertified divers cannot go below 40 feet. All certified divers must produce their "C" card before they do their first dive.

Scuba Diving Equipment for Rent Aboard Cuan Law

- Genesis Regulator: \$50 per week.
- Genesis BCD with power inflation: \$40 per week.
- The daily rate for rental of both: \$10 per day.
- Rental equipment for the Scuba Resort Course (minus a wet suit) costs \$75 per week.
- Source Diving Computer: \$40 per week.

***Thank you** for choosing to travel with AdventureWomen!
If you have any questions or concerns, please don't hesitate to call, write or email us.*

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