



First & Still the Best!

Since 1982

2015 ~ Celebrating 33 Years!

DATES

February 28 - March 7, 2015

COST

\$4,195 (\$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

- Live aboard a luxury sailing yacht and learn about sailing in the Caribbean, an experience rated as "one of the top five vacations in the world" by travel writers.
- 6 days / 6 nights fully crewed and privately chartered all-inclusive Caribbean sailing trip aboard the world's largest trimaran, in luxurious double stateroom yacht accommodations.
- Sailing, snorkeling, scuba diving, sea kayaking, and more each day in different locations throughout the Caribbean's British Virgin Islands.
- All meals that are "completely decadent and fabulous cuisine..." served under the aft deck canopy with "views that change with every meal."
- Wonderful camaraderie on AdventureWomen's longest-running, most popular winter escape – a Caribbean vacation 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

revised 11/17/14

The Caribbean's British Virgin Islands (BVI) offers one of the finest sailing, snorkeling and scuba diving destinations in the world. For our 2015 Caribbean sailing vacation and **all-inclusive private "cruise"** with AdventureWomen, we are returning to our favorite luxury sailing yacht, the world's largest trimaran sailboat (3 hulls!) at 105 feet, and a vessel equipped with every amenity.

For 33 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.? And for 2015, we are including all extra expenses in the price so that you won't have to worry about: tips to the crew; all drinks including wine with dinner and all alcoholic beverages; taxi transfers to the boat from the ferry, hotel or airport on Tortola; extra fuel surcharges; and all local taxes. WOW!

Imagine waking up on your dream adventure trip – a Caribbean sailing vacation - in your own private en suite yacht stateroom. You wander through the vast main salon of our luxurious trimaran out on to the wonderful expanse of its open deck where you are greeted by sunny Caribbean skies and some of the loveliest tropical scenery in the Caribbean Islands. You relax in style as you sail between the BVI's many tropical islands. Visit Tortola, Virgin Gorda, Peter Island and more! Luxuriate in the Caribbean's warm turquoise waters and explore its soft white-sand beaches, then experience the best snorkeling and scuba diving in the Caribbean just by stepping off the deck. Enjoy exhilarating days of Caribbean sailing in gentle BVI breezes, leisurely beach walks, and shore-side barbecues as well as gourmet international cuisine from the Chef aboard the yacht. You can choose your level of active adventure: besides snorkeling and scuba diving, go sea kayaking, sail a Hobie Cat, catch the dinghy to shore for a BVI island hike, relax in a hammock on the deck of our boat, or just read a book in the lounge. You return home more relaxed than you have been in years with wonderful memories of Caribbean sailing fun on one of our most popular adventures!

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 all agree that a week on this luxurious trimaran sailboat is their "BEST trip ever" in the Islands. Wouldn't you like to find out why?

ADVENTUREWOMEN, INC. | 300 RUNNING HORSE TRAIL | BOZEMAN, MT 59715

EMAIL: trips@adventurewomen.com | WEBSITE: www.adventurewomen.com

406-587-3883 | 800-804-8686 | 406-587-9449 FAX

WHAT'S INCLUDED IN THE COST OF YOUR CARIBBEAN SAILING, SNORKELING, AND SCUBA DIVING VACATION

- 6 days and 6 nights, private Adventure-Women charter (20 passengers maximum) on board the world's largest luxury trimaran sailboat.
- Tips to the crew, all drinks including wine with dinner and all alcoholic beverages; transfer to the boat by taxi from the ferry, hotel or airport on Tortola; extra fuel surcharges; and all local taxes.
- 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 bar.
- All hors d'oeuvres and 3 meals a day, from dinner on arrival day through breakfast on departure day.
- 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 onboard 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 sit-on-top 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.

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.**

HOW TO REGISTER

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive your **deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Then, call our travel consultant Ciretta Green (1-800-247-3538), to make your airline reservations.

MAKING TRAVEL ARRANGEMENTS AND AIR FLIGHTS TO THE BRITISH VIRGIN ISLANDS

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

On this AdventureWomen **CARIBBEAN ADVENTURE**, we ask that you work directly with our travel consultants at **Travel Café, Montana's Travel Agency**, to make your travel arrangements. After booking your trip, please call **Ciretta Green** to discuss your air schedule based on the arrival and departure times we have set for the group pick-up and departure.

1-800-247-3538 OR FAX 1-406-586-1959

email: Ciretta@travelcafeonline.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 voice mail, 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 Travel Café, 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

NOT INCLUDED

- Round trip air transportation from your home to Tortola, the British Virgin Islands, or St. Thomas, the U.S. Virgin Islands.
- For scuba diving: any "special" instruction (see our details on "Scuba Diving"), and any extra equipment you may want to rent. Wetsuits for scuba diving are not provided, so we encourage you to rent from home or bring your own.
- Although your gratuity is included in the cost of the trip, if you think the services of the crew go beyond what you even expected, you are welcome to leave them more!

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 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

TRAVELING TO TORTOLA, THE BRITISH VIRGIN ISLANDS: ARRIVAL AND DEPARTURE

Your most convenient and easiest connection is to fly 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 Road Town, a 15-20 minute ride from the airport. You can board the boat between 12 noon and no later than 3 p.m. on Sunday, March 1, 2015, so you should plan to arrive on Tortola with enough time to get to the boat before 3 p.m. of that day.

If you cannot arrive into Tortola in the morning or early afternoon of March 1, you will need to come in a day early, on February 28, and stay overnight on Tortola. We suggest Maria's by the Sea, or the Village Cay Hotel. See information about these two hotels under **Hotel Recommendations for Tortola.**

We expect to be back in Road Town, Tortola, on Saturday morning, March 7. The boat arrives early enough to allow you time for shopping before leaving the islands. We must be off the boat by 10 a.m. If flying out of Tortola, transfers to the Beef Island airport will be arranged for you with our taxi driver, even if you have an early morning flight. If you're flying out later in the afternoon, your luggage can be stored on the boat until your departure.

Flying into St. Thomas, the U.S. Virgin Islands

OR, an alternative route to Tortola is to fly into St. Thomas, the U.S. Virgin Islands, and take the Road Town Fast Ferry to Tortola, the British Virgin Islands. Flying into St. Thomas is often less expensive, and easier to get to. Please note, however, that during the past few years, the ferries to and from St. Thomas to Tortola are often crowded and delayed, so flying into St. Thomas is not always as good an alternative as it used to be.

If you DO choose this option, you will most likely have to fly into St. Thomas on Saturday, February 28. You can get the 12 Noon or 4:15 p.m. Fast Ferry from Charlotte Amalie (St. Thomas) to Tortola. We would highly suggest that you take one of those ferries and stay overnight on Tortola at Maria's by the Sea. The Fast Ferry ride is 50 minutes. That way you will be there on the morning of March 1 for pick up for the boat at approximately 11:30 am at Maria's.

For a ferry schedule, you can contact any of these ferry services:

- **The Fast Ferry, at 340-777-2800 (this is your best alternative, and

LIABILITY FORM AND FINAL PAYMENT

Part of what AdventureWomen, Inc. 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:

NOVEMBER 30, 2014.

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 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 situations. 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.

ADVENTUREWOMEN'S NO SMOKING POLICY

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

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!

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.

the only ferry that leaves St. Thomas at 12 Noon on Sunday, March 1, 2015).

- Smith's Ferry Service, at 284-495-4495
- Native Son Inc., at 284-495-4617

Note: Always phone ahead to verify exact times for the ferry schedule.

If you need to return to St. Thomas for your flight, transfers to the Road Town Fast Ferry to St. Thomas will also be arranged. The ferry departs Road Town for St. Thomas at 7 and 10 a.m., 12 noon, and 2:30 p.m., and arrives into St Thomas 50 minutes later. Please keep this in mind when making your airline reservations.

St. Thomas is a duty free port, and there is LOTS of shopping (for those women who love to shop till you drop!). So you might consider staying overnight on the way back home!

Taxi on arrival

Since we are not always sure, year to year, where the boat will be anchored, we will arrange a taxi transfer (included in the price) for each participant from the airport in Tortola, the Tortola ferry dock, or a Tortola hotel 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. Please call or send us your airline schedule as soon as you have it arranged. We will also arrange taxi service or dinghy transfers from the boat for your departure.

NOTE: If you are planning to scuba dive, you might consider staying on Tortola or St. Thomas the night of March 7. 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 7, your last dive must be over before noon

on March 6. If you stay overnight on the 7th, you will be able to dive throughout the day on the 7th.

Hotel recommendations for Tortola

In Road Town (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 there. Located right in Road Town 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.mariasbythesea.com/>

In Road Town there is also the Village Cay Hotel and Marina. On Google you can find it by looking for "Village Cay Hotel Tortola." Phone: 284-494-2771. Many women have stayed here also, and enjoyed it.

Please let us (or Ciretta Green) know if you would like to share a room, and if someone else would like to do this we can give you their name and email address.

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 around the island of Tortola.

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

Hotel recommendations for St. Thomas

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 in the U.S., www.islandbeachcomber.net) They are adjacent to each other and located only a mile from the airport and two miles from town.

There is also the Windward Passage Hotel (www.windwardpassage.com), which is across the street from the ferry dock and close to downtown Charlotte Amalie; and the Galleon House Bed and Breakfast (www.galleonhousestthomas.com), close to downtown, but with many steps to climb!

MONEY

U.S Dollars (cash) 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*, 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 trimaran 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, plus 3 scrumptious meals a day, you'll feel comfortable and very pampered for the week, from the minute you set foot onboard.

The British Virgin Islands is one of the world's finest sailing destinations and our sailing vessel was de-

signed 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!"

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 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.

For more specific information, see the **About Scuba Diving on the Cuan Law** section at the end of this document.

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.

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.

ACCOMMODATIONS

The accommodations aboard the boat 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 VHS 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 over 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, corals 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!

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.

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.

- ❑ 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 room mates?) We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- ❑ 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.

❑ **For scuba diving:** The boat 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.

Some Extra Items to Add to your "What to Bring" List

We are updating and adding the following items for all international trips. With more than 33 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- ❑ Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing. *Eagle Creek Large Inflatable Travel Neck Pillow at TravelSmith.*
- ❑ Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens

out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.

Eagle Creek® Comfort Eye Shade at TravelSmith.

- ❑ Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.

TravelSox® Cushion Walk Sock™ at TravelSmith.

- ❑ Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.
 - ❑ Bose Quiet Comfort 2 - List Price: \$199.99. Oval shaped around-the-ear design, an iPod fits nicely in the center of the case between the headphones. You can get the next generation of Bose Quiet Comfort 3, but the cost is \$349.00.
 - ❑ Audio Technica ATH-ANC7- List Price: \$219.95 Excellent sound quality and above average noise cancellation. Comfortable leather cushioning around the ear and can be worn for long periods of time with nodiscomfort. Excellent headphones with a reasonable price tag.

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*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.

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686 or 406-587-3883 (outside the U.S.)
Email: trips@adventurewomen.com

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 crisscross 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 wetsuit (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 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.

Scuba Diving Equipment for Rent Aboard *Cuan Law*

- Regulator with octopus, pressure and depth gauge: \$50 per week
- Jacket BC with power inflator: \$40 per week
- Rate for rental of both: \$15 per day
- Genesis Source Diving Computer: \$40 per week
- Diver propulsion vehicle: \$10 per dive
- Nitrox: \$10 per tank or \$120 per week
- Genesis Regulator: \$50 per week