

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# BRITISH VIRGIN ISLANDS

## Sailing, Snorkeling, & Sea Life



April 7 - 13, 2019

# BRITISH VIRGIN ISLANDS

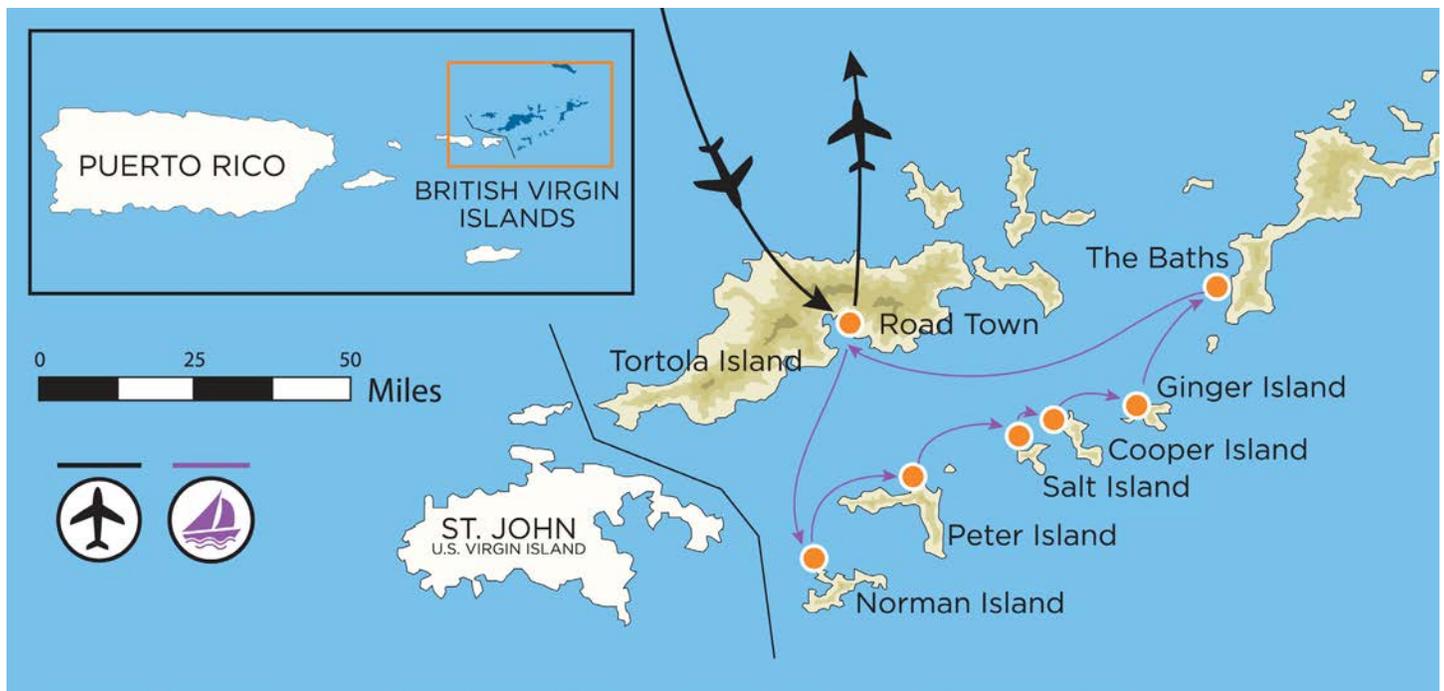
## Sailing, Snorkeling, & Sea Life

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### TRIP HIGHLIGHTS

- ▶ Live aboard a privately chartered luxury sailing yacht in the Caribbean - just for AdventureWomen!
- ▶ Snorkel or scuba dive to explore the marine world around you (scuba classes are available!)
- ▶ Relax on deck and watch the stunningly clear water as your yacht sails along to your destination each evening
- ▶ Take a dip each evening before enjoying cocktails and hors d'oeuvres
- ▶ Sea kayak, explore the beaches, and soak in the Caribbean sun

### TRIP ROUTE



### TRIP PRICE

Main Trip: \$5,590

Optional Single Accommodations: \$750

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### your adventure in depth

#### DAY 1

Sunday  
4/7/19

### Arrive in Tortola

Powdery white-sand beaches, lush green mountains, and sheltered, yacht-filled harbours characterize the island of Tortola, the BVI's largest and capital island.

#### Make Your own Way to Tortola

Arrive in Tortola this morning (or a few days early if you like)! You can board the boat between noon and 3:00pm, so be sure to arrive early enough to make your way to the boat.

AdventureWomen will arrange a taxi transfer for you from the Tortola Airport, the Tortola ferry dock, or a Tortola hotel to the boat. These will be arranged roughly a month before departure.

Suggested hotels if you'd like to arrive early and/or stay on Tortola after the trip:

- ▶ Maria's Hotel by the Sea: [www.mariasbythesea.com](http://www.mariasbythesea.com)
- ▶ Village Cay Hotel and Marina: [www.villagecaybvi.com](http://www.villagecaybvi.com)

If you want to stay a bit longer and be at a hotel/inn or beach resort:

- ▶ Sebastian's on the Beach: [www.sebastiansbvi.com/](http://www.sebastiansbvi.com/)
- ▶ Long Bay Beach Club: [www.longbay.com](http://www.longbay.com)

#### Board the Cuan Law

Board the Cuan Law, your home away from home, between noon and 3:00pm. Meet your group and AdventureWomen Ambassador.

#### Dinner

Sit down to a delicious dinner as a group and enjoy the sunset from the boat.

### Accommodations

Cuan Law

### Meals Included

dinner

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#### DAYS 2-6

Monday  
4/8/19 -  
Friday  
4/12/19

#### Accommodations

Cuan Law

#### Meals Included

breakfast, lunch, dinner  
served daily

### A Typical Day on the Cuan Law

When you hear a bell, it's either time to snorkel and dive (all dives operated by the Cuan Law), or to eat! Mornings begin with a delicious buffet-style breakfast including coffee, fresh fruits, homemade muffins, breads, pastries, , as well as a 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, 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 served under the shaded rear deck canopy. Between meals there are plenty of snacks including chocolate goodies, fresh fruit, and delicious hors d'oeuvres in the afternoon. After lunch, you'll begin sailing to your anchorage where the boat moors for the night. Once you 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 the 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.

Dinner is a classic sit-down event with china and crystal, and 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. Make sure to save room for desserts such as Key Lime Pie and Brownies Fantasia. After dinner you might play some games as a group, 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!

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### DAY 7

Saturday  
4/13/19

### Depart Tortola

Enjoy one last morning on the boat before docking in Tortola. Head home, or perhaps spend an extra night or two on Tortola. If you are planning to scuba dive, please plan your flights accordingly.

#### Transfer to the Airport

Dock in Tortola around 10am, and do some shopping before you have to head to the airport. AdventureWomen will arrange taxi transfers for you to the airport. If you have a late afternoon flight, you can store your luggage on the Cuan Law until your departure.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Living on the Cuan Law

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 seven crew members at your service, plus three meals a day, you'll feel comfortable and very pampered for the week, from the minute you set foot onboard.

The Cuan Law was specifically designed for sailing in the British Virgin Islands. 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!"

The accommodations aboard the boat are spacious and comfortable. There are ten 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. Storage space is abundant with shelves and two 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. Two 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 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 two 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. Overhead hatches let in light, and central air conditioning keeps the room cool and dry.

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### Scuba Diving Offered By the Cuan Law

**You are required to arrange your scuba diving upon arrival directly with the Cuan Law. AdventureWomen cannot arrange this for you ahead of time.**

Here is some basic information on what the Cuan Law recommends:

- ▶ 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 four 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 the Cuan Law 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. 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.

The Cuan Law will always provide a full tank. Below deck, there are two air compressors efficiently pumping the 3,000 psi aluminum 100s, 80s, and 63s.

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### Scuba Diving Offered By the Cuan Law

#### **Dive Details**

The dives operated by the Cuan Law are generally 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.

#### **Dive Boats**

Two to three dives are planned each day, including a morning dive after breakfast, an afternoon dive after lunch, and a night dive, dependent on your 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 the Cuan Law anchored over a dive site, three 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.

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### Scuba Diving Offered By the Cuan Law

#### **Scuba Course Options Offered by the Cuan Law**

##### **a) Discover Scuba Diving—Resort Course**

The Cuan Law's 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 five scuba dives in shallow, calm water of no more than 40 feet. The cost for the week is only \$145 including gear (payable directly to the Cuan Law). 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. 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**

The Cuan Law strongly advises that you do your pool and class work at home, and come with a referral letter from your instructor and complete your four open water dives on board. This way you will not waste your vacation time in a "classroom." The cost of this course is \$220 (payable directly to the Cuan Law), rentals not included. If you do your course work and open water pool work at home, then the Cuan Law recommends getting certified and earning your Open Water Certification (below) on the boat. Being certified (getting your C-card) as an open water diver enables you to buy/rent Scuba equipment and dive without direct instructor supervision.

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### Scuba Diving Offered By the Cuan Law

#### **Scuba Course Options Offered by the Cuan Law - Continued**

##### **c) Open Water Diver Certification**

If you decide to do your total Open Water Diver Certification through the Cuan Law, it will involve your book work and coursework, and four open water dives from the Cuan Law. The cost is \$170 to gain your Certification (payable directly to the Cuan Law), and your "C" card (which is the minimum amount required so that you can dive anywhere in the world!)

The Cuan Law does not suggest you do this entire course on the boat, as you will not have time to have fun! The Cuan Law recommends coming with your "referral" (option "b") as 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. The cost ranges from \$75-120, payable directly to the Cuan Law.

#### **Equipment for Rent On Board - Payable directly to the 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
- ▶ Nitrox: \$10 per tank or \$120 per week
- ▶ Not available for rental: wet suits, dive computers

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### Included/Not Included

#### Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All alcoholic beverages
- ▶ All transportation throughout the trip
- ▶ Snorkeling, swimming, kayaking, and shore excursions
- ▶ Snorkel gear (mask, snorkel, fins)
- ▶ Scuba dives for those who are certified (can only be arranged directly with the Cuan Law upon arrival; operated by the Cuan Law)
- ▶ Gratuities for the crew
- ▶ English-speaking guide throughout the trip
- ▶ One AdventureWomen Ambassador

#### Not Included:

- ▶ International airfare
- ▶ Meals not specified in itinerary
- ▶ Scuba instruction, operated by the Cuan Law and to be arranged directly upon arrival
- ▶ Scuba rental gear
- ▶ Items of a personal nature
- ▶ Passport and visa fees
- ▶ Travel insurance

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### Activity Level:

**Moderate**

Active

High Energy

Challenging

We rate this trip as Moderate. Our Moderate adventures exercise your mind more than your body and are designed for women who prefer a leisurely, less rigorous experience. For example, you could walk up to 2 miles per day through cities and villages, stand in museums for a few hours, relax on a boat, or view wildlife from a vehicle.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

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Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Scuba Release
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before January 7, 2019.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to the British Virgin Islands, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to the page about the British Virgin Islands.

### Money:

The currency of the British Virgin Islands is the US Dollar. You will be able to use your credit card to pay for extras on the boat (rentals, scuba courses), and you should also bring some US cash with you.

Suggested Gratuities: Gratuities are included in your trip.

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**Arrive:** Arrive in the British Virgin Islands (EIS) on April 7, 2019 by 1:00pm.

**Depart:** Depart the British Virgin Islands (EIS) on April 13, 2019 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

**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 release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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As you get ready to pack for your adventure, have a look at The AdventureWomen Store at [www.theadventurewomenstore.com](http://www.theadventurewomenstore.com) - we have picked out our favorite travel clothes and outdoor gear to help make packing easy for you. You can also see our recommendations for this trip on the [AdventureWomen Pinterest](#) page.

Life aboard the Cuan Law is informal and fun. Casual clothing is the norm - you'll live in bathing suits, shorts, t-shirts, and sandals all day. At dinner guests are asked to put on a "smart" blouse and shorts, a colorful wrap, or a casual dress or skirt (no jeans or bathing suits please).

### Clothing and Gear:

- 1 pair of tennis shoes, sport sandals, or deck shoes (hard-soled shoes are not permitted on the Cuan Law)
- 3-4 short sleeve shirts
- 1-2 long sleeve shirts (for cool evenings and sun protection)
- 3-4 pairs of shorts
- 1 pair of pants
- 1-2 sets of nicer clothes for dinner
- 2-3 bathing suits
- 1 windbreaker or light-weight water repellent jacket
- 5-7 pairs underwear
- Sleepwear
- Hat for sun protection

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF

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### Essentials Continued:

- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

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

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 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. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

### 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.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

At AdventureWomen, we want everyone to 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!**

**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!

In this spirit, the successful adventure traveler should be a