

SUP CRUZ in the British Virgin Islands



The British Virgin Islands are also known as “Nature’s Little Secrets.” The BVI chain contains a stunning variety of islands with endless white sand beaches and always in sight, the main island of Tortola with its emerald green mountains. From the spectacular boulders of Virgin Gorda to the friendly, quaint villages found on many islands along with the diversity and seclusion remote bays and cays. Each island has its unique charm and attractions, offering an infinite range of experiences, but an amazing world of color and flourishing life lies just below the surface of the turquoise waters surrounding these islands.

Day 1 Cooper Island – Manchioneel Bay



Cooper Island is a spectacular palm-fringed white sand beach. Venture onto shore where you will can explore the boardwalk between a beach club restaurant for entertainment, unique gift shop and fantastic espresso bar and bakery. Exceptional snorkeling can be found just swimming distance from the boat at Cistern Point - a favourite for those hoping to see a leopard ray or possibly a sea turtle.

Day 2 Virgin Gorda – The Baths



This is an island with many natural attractions, the most famous of these is “The Baths”, an extraordinary natural landscape awaits – grottoes created by huge boulders that were scattered by ancient volcanic activity. The sea washes between the huge granite rocks, creating large pools of water that are dramatically lit by shafts of light. Here we will enjoy a breathtaking walk/swim through the baths in the early morning and then again when the sun is high in the sky. Then we explore two exquisite white sand beaches by SUP, Devil's Bay and Trunk Bay.



Leverick Bay



Leverick Bay is surrounded by the pristine waters of a magnificent blue lagoon with an outstanding view of North Sound, Mosquito Island and the Caribbean Sea. On shore you will find a grocery store, spa and Leverick Bay Resort with a restaurant and bar overlooking the marina.

Day 3 Virgin Gorda – Bitter End Yacht Club & Saba Rock



The northern reach of the island known as "the North Sound" is accessible by boat only. Flanked by the smaller islands - Mosquito, Prickly Pear, Eustatia, Necker and tiny Saba Rock, are some of the islands' finest resorts and restaurants. On shore you will also find unique boutiques, restaurants, bars and walking trails. We will be sure to purchase some fresh homemade bread from the local grocery store for you to enjoy. The evening would not be complete without a night paddle to Saba Rock whose reputation far exceeds its modest size. Saba Rock boasts a famous over the water lounge bar and restaurant which is a perfect place to enjoy a night cap and key lime pie.

Day 4 The Dogs and Guana Island



Lunch and snorkelling on one of the dog islands is on the agenda for today. The reef itself is very healthy, providing a home to a wide range of reef fish, lobster and the occasional nurse shark or turtle. At the southern tip of Guana Island is a beautiful rocky outcrop known as Monkey Point. As soon as we set our mooring our boat will be surrounded by hordes of blue-striped grunt and yellowtail snapper. As you snorkel towards shore, friendly yellow jacks are very curious and appear to adopt you as part of their school. What is most special about this snorkeling spot is the several sea turtles that make this day anchorage home. It is truly indescribable to gently swim behind one of these creatures as they glide ever so peacefully through the water.

Day 5 Tortola – Cane Garden Bay



A long and lovely curved bay that's sheltered from heavy winds, Cane Garden Bay on Tortola's north shore is a favoured anchorage for boaters. This is a perfect location for swimming and paddleboarding. Venture to shore to also enjoy the lively bars and restaurants that line the beach. Try the delicious veggie burger at Rhymer's or the margarita and live music at the famous Myett's. We found this bay to be our favourite on Tortola... the local shops, beach bars, quaint hotels, and sunsets are incredible!

Tortola – Long Bay Beach and Cappaons Bay



If the surfs up, a side trip by dingy to Cappaons Bay for a little surf would be in order and a visit to the famous Bomba Shack. The Bomba shack is a popular hangout for surfers and hosts the traditional full moon parties ... much like an island style tailgate party. Just a quick walk from here is Long Bay Beach which is a full mile of white sand beach with crystal clear water.

Day 6 Jost Van Dyke – Great Harbour



Jost Van Dyke, named after a famous Dutch pirate, has been a sailor's mecca for years. Great Harbour, the main port of entry with a charming West Indian village that lines the beach with gift shops and restaurants, the most famous of which is Foxy's Tamarind Bar. Plan to bring a sticker, license plate or t-shirt to add to the décor of this establishment.

Day 7 Jost Van Dyke – Sandy Cay and Sandy Spit



We will venture out before the sun rises to make our way to Sandy Cay for breakfast. From here you can paddle or take the dingy over to Sandy Spit. These tiny islands light up with the aqua marine with perfect beaches. This small nature preserve in the British Virgin Islands is great for snorkeling, paddling, and swimming, thanks to crystal-clear water and a shallow reef. Explore the white-sand beach—home to endangered leather back turtles. We would have to admit it is one of the most amazing beaches we have ever seen in our lives. It was simply gorgeous.

Jost Van Dyke – White Bay



The remainder of day and night will be spent at one of the most pristine white beaches, appropriately name White Bay. This beach was breathtaking! It looked like a scene from a postcard with crystal clear water and powder white sand. There are over a dozen fun and wonderfully unique restaurants on the island, all on the beach! Experience the drink invented here named the “Painkiller” from one of the famous bars appropriately named The Soggy Dollar or One Love. Excellent paddling and snorkeling throughout the entire bay.

Day 8 Tortola – Sopper's Hole



The sheltered harbour is a yachting centre. The charming Soper's Hole Marina and shopping centre can be found at neighbouring Frenchman's Cay, which is linked to Tortola by a small bridge. Excellent grocery store, painkillers at Pussers, espresso at D-Best Cup, and lots of quaint little shops along the boardwalk. Fresh seafood dinner is a must at the Fishin Lime located right on the water's edge.

Day 9 Norman Island– The Indians



The Indians are a series of tall jagged rocks off Norman Island and thus offers spectacular reef snorkeling.

Four cone-shaped rocks rise from a depth of 40 feet to about 30 feet above the surface. Three rocks stand together while the fourth is separated by a narrow channel. Near the bottom, a myriad of fish fill the narrow passages. Expect to see almost every variety of reef fish and crustacean, as well as schools of harmless jelly fish in the summer. Sea fans and corals of every hue dot the walls. When the sun's rays spotlight the vibrant colors of this reef, you will know why this site is considered to be one of the best spots for snorkeling in the BVI. It is truly a spectacular site not to be missed. The Indians was the best snorkeling spot we found in the BVIs ...

Norman Island – The Bight



Norman Island, made famous by John Louis Stevenson's classic pirate tale *Treasure Island*, is best known for its geological formations known as "The Caves." A highly photographed snorkelling site, schools of colourful fish literally swim right along with you while exploring the three caves with interesting coral and mineral formations. We will secure a mooring in the large bay or at the secluded Kelly's Cove just around the corner. This Bay is very calm and beautiful for

paddling complete with a unique floating restaurant, fashioned from an old sailing ship as well as a pirate-themed restaurant ashore. This mooring has a bit of everything, excellent calm water paddling, snorkeling, beautiful restaurant and lounge on the beach and the famous flowing bar – Willy T's!

Day 10 Peter Island



Peter Island, another island named after a Dutch privateer, is now home to a world-class resort complete with seaside spa and restaurants. Paddling here is breathtaking or you can enjoy the beautiful beach at Deadman's Bay or dine al fresco by the sea. Dramatic wind-swept hills and beautifully grouped tropical plantings around the resort make a stroll through the grounds worthwhile.

Come experience the beautiful British Virgin Islands with us ...

