



VIEQUES ISLAND  
RETREAT & SPA

# A 7-DAY ESCAPE





VIEQUES ISLAND  
RETREAT & SPA

# A 7-DAY ESCAPE

(a Jeep rental is recommended)



## DAY 1

**Afternoon** - Warm Welcome in the W Lounge, followed by a short drive (5 Minutes) to your arrival at the W Retreat.

**Afternoon** - Pick up your JEEP rental from an island car rental, and spend the afternoon exploring the island and area around the Retreat. (insider tip: if you pass the gas station and there's no line, fill up... long lines and gas shortages are common in Vieques)

**Sunset** - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters

**7:30 PM** - Dinner at Alain Ducasse' miX on the beach. Indulge in a colorful twist on Latin Caribbean and French cuisine in this open space layout with spectacular views of the scenic waterfront setting.

## DAY 2

**8 AM** - provide training for your mind, body, and breath with a morning YOGA session.

**9:30 AM** - Enjoy breakfast at miX on the beach. Sit on the outdoor terrace to experience the early morning tranquility of the Retreat.

**11 AM** - Grab an 'Escape Kit' from Black Beards, a map, and a gourmet picnic basket from W Café and venture out to explore the islands beaches.

Head west on SR-200 towards the west side of the island where you'll find Green Beach. This beach is features powder white sand and calm surf. Its located within the Fish & Wildlife preserve and is only open during daylight hours. Enjoy your gourmet picnic at one of the available pavilions.

**4 PM** - Return to the Retreat for some R&R.

**Sunset** - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters

**8 PM** - Drive up to 'Next Course', a favorite restaurant in the center of the island with a casual and relaxed vibe, and everything on the menu is good.



# A 7-DAY ESCAPE

(continued)

## DAY 3

**8 AM** - Rent mountain bikes from Black Beard Sports (onsite) and head out for an early morning bike ride around the island. Head west to Mosquito Pier and the Kiani Lagoons, or go south through the lush (and hilly) center of the island.

**10 AM** - Return to the Retreat for a late breakfast at either miX on the beach or the W Café.

**11 AM** - Get set to decompress at AWAY Spa. Indulge in one of over 60 customized treatments designed to DETOX and Refuel

**12:30 PM** - Enjoy a rum-cocktail and lunch while soaking in the sunshine around the WET Deck.

**3 PM** - Ceviche Technique & Tasting - learn how to make fresh island ceviche with the chefs from miX on the beach.

**Sunset** - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters.

**8 PM** - Head down to W Beach to dine at Pescadora, serving up fresh fish & seafood (all caught that day), along with fresh sauces, sides, and Sangria. *(insider tip - arrive early, when the food is gone it's gone)*

**10 PM** - indulge in a late-night cocktail around the Firepit.

## DAY 4

**7:45 AM** - Rise early and head down to the W Beach for a one-hour kayaking tour. You'll either paddle down toward mosquito pier or up along the winding coves towards Isabelle Segunda.

**9:30 AM** - Grab a quick breakfast at W Café and pack the Jeep up for another day at the beach

**11 AM** - Head south to explore the spectacular beaches on the Caribbean side of Vieques. Enter the eastern Fish & Wildlife Preserve for Red Beach (Playa Caracas), Blue Beach (La Chiva), Plata Prieta, & Secret Beach. *(insider tip - SOL Food, a local favorite food truck is parked at the entrance and serves excellent sandwiches and empanadas.)*



VIEQUES ISLAND  
RETREAT & SPA

# A 7-DAY ESCAPE

(continued)



## DAY 4 (continued)

**1 PM** - Enjoy a casual lunch at Duffy's in sleepy Esperanza.

**2 PM** - Spend the afternoon at Media Luna Beach, also known as 'half moon bay', this long beach extends around the bay with calm, shallow waters perfect for swimming.

**5 PM** - Return to the Retreat for a little R&R.

*Sunset* - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters.

**7:30 PM** - Indulge in a private seaside dinner at Paradise Edge. This romantic point will be set with a table-for-two and you'll enjoy a five-course tasting menu from miX on the beach. What could be more romantic? *(insider tip - make reservations before you arrive in Vieques to ensure availability)*

**10 PM** - indulge in a late-night cocktail around the Firepit.

## DAY 5

**7:30 AM** - Grab a quick bite at W Café before driving to Esperanza where you'll meet your guide for a 2 Hour Horseback Riding tour with Esperanza Riding Company. Explore the hillside and sea shore from the back of a smooth Paso Fino horse

**11 AM** - spend the afternoon soaking up the sun and lounging around the Retreat. Find a quiet chaise on Whisper Cove or mix & mingle around the WET deck. Grab a sandwich at the W Café or order poolside lunch at WET.

**3 PM** - Escape the intense afternoon heat with a refreshing workout at SWEAT, our fully air conditioned fitness center

**Sunset** - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters



VIEQUES ISLAND  
RETREAT & SPA

# A 7-DAY ESCAPE

(continued)



## DAY 5 (continued)

**6:30/7 PM** - Be whisked away to experience the wonders of the world's brightest bioluminescent bay. Choose to explore on a pontoon-style motor boat, or be more adventurous in a kayak or clear canoe.

**8:30 PM** - Enjoy a casual dinner out in Esperanza (near the bio bay). Choose from favorite spots like Bananas Bar & Grill, Duffy's, Lazy Jacks, Trade Winds, or El Quenepo.

**10 PM** - Return to the Retreat for an evening cocktail in the Living Room.

## DAY 6

**8 AM - 7:45 AM** - Rise early and head down to the W Beach for a one-hour kayaking tour. You'll either paddle down toward mosquito pier or up along the winding coves towards Isabelle Segunda.

**9 AM** - Enjoy breakfast at either miX on the beach or the W Café.

**10 AM** - Learn how to create AWAY Spa's signature Café-con-coco body scrub, and take home a sample to scrub-a-dub-dub on your own.

**12 PM** - Enjoy a rum-cocktail and lunch while spending the afternoon soaking in the sunshine around the WET Deck.

**Sunset** - Indulge with a sunset sip around the Fire Pit and mix & mingle with fellow jetsetters.

**8 PM** - Enjoy another dinner at miX on the beach. Be sure to try Alain Ducasse's signature Caribbean cookpot.

**10 PM** - indulge in a late-night cocktail around the Firepit.



VIEQUES ISLAND  
RETREAT & SPA

# A 7-DAY ESCAPE

(continued)

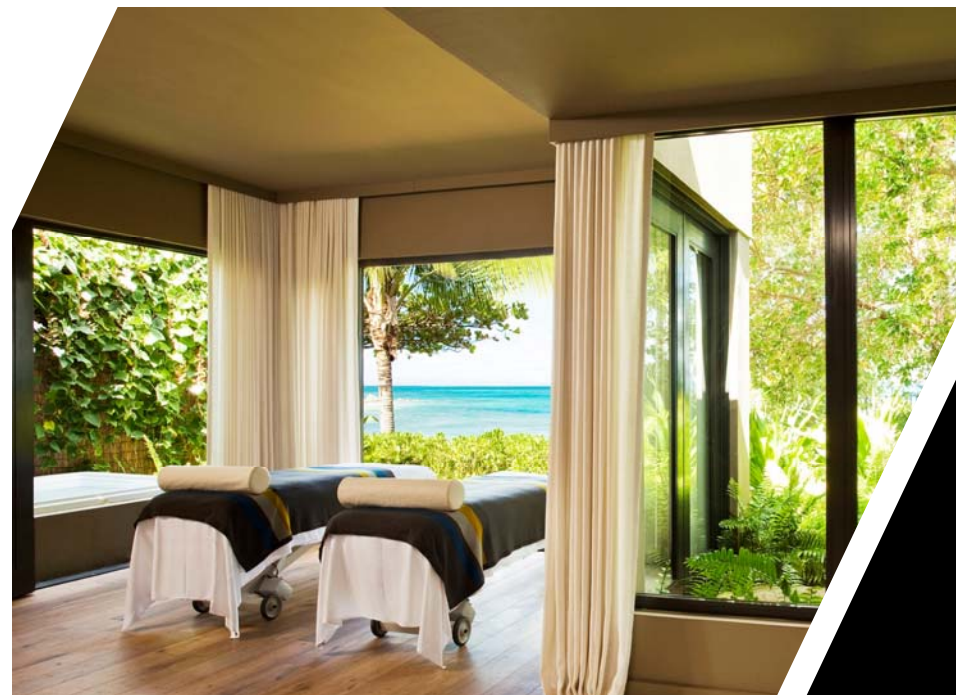
## DAY 7

**8 AM** - Grab a light breakfast and enjoy the lush patio at the W Café.

**10 AM** - Get set to decompress at AWAY Spa. Indulge in one of over 60 customized treatments designed to DETox and Refuel before your journey home.

**12:30 PM** - Enjoy a rum-cocktail and lunch while soaking in the sunshine around the WET Deck.

**Afternoon.** - Say your 'Adios' to Vieques in style by relaxing in the W Lounge before boarding your flight to San Juan.





VIEQUES ISLAND  
RETREAT & SPA

**EXPLORE MORE...**

**WVIEQUES.COM**