

ECO  
TOUR  
RS  
AND ISLAND  
ACTIVITIES



VIEQUES ISLAND  
RETREAT & SPA



**ECOTOURISM** IS RESPONSIBLE TRAVEL TO FRAGILE, PRISTINE, AND USUALLY PROTECTED AREAS THAT STRIVE TO BE LOW IMPACT AND SMALL SCALE.

**BLACK BEARD SPORTS AND THE W RETREAT & SPA SHARE A COMMON GOAL TO PROVIDE DIVERSITY IN DISCOVERING THE RICHES OF VIEQUES, AND PROVIDE POSITIVE EXPERIENCES FOR BOTH VISITORS AND THE LOCAL PEOPLE.**

**IN THE PAGES OF THIS BOOKLET, WE OFFER GENERAL GUIDANCE AND UNIQUE ADVENTURE OPPORTUNITIES TO EXPERIENCE THE UNTAMED ECOLOGY OF THIS ONE-OF-A-KIND CARIBBEAN GETAWAY.**



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## ABOUT VIEQUES

18°07'N 65°25'W

Vieques (vee eh kis), a.k.a. Isla Nena (little girl island), is a 52 square mile island located approximately 8 miles off the eastern coast of Puerto Rico, and west of the US Virgin Islands. It is a municipality of Puerto Rico, a US territory as a result of the Treaty of Paris in 1898. Prior to the arrival of European settlers, much of the Caribbean was inhabited by Taino Indians, a subgroup of the Arawakan Indians from northeastern South America. Like Puerto Rico, there are strong Spanish influences from 400 years under Spain's rule. It is part of the group of islands known as the Spanish Virgin Islands and the Greater Antilles. Vieques is 21



miles long (east to west) and about 4 miles wide (north to south). The island's population is approximately 10,000 people, which fluctuates with a busier season in the winter marked by tourists drawn by Vieques' dynamic, year-round climate and pristine natural beauty.

The US Navy owned and occupied 2/3 of the island from 1940-2003. Prior to the Navy's arrival, the island was primarily farmed for sugar cane. As of 2003, the former Navy land has been designated a National Wildlife Refuge and is managed by the US Fish and Wildlife Service. This means that 2/3 of the island is undeveloped and protected. The diverse ecology of the refuge consists of sub-tropical dry forest on the eastern side of the island, upland forest, mangrove wetlands, lagoons, sea grass beds, coral reefs, and best of all—some of the most beautiful beaches in the world.

## COMPLIMENTARY EQUIPMENT

For use at the Retreat by W guests.

Stop by Black Beard Sports (located next to SWEAT®) to sign out the following gear:

**Snorkeling** - we have fins, snorkels, and mask sets in all sizes for adults and children. Are you afraid to wear your contacts swimming? We have masks with prescription lenses!



**Kayaking** - either single or tandem kayaks are available. Come sign out paddles and vests. The kayaks are waiting for you on W beach.

**SWING Tennis Courts** - we have the rackets and balls. The only thing missing from the courts is you!

## SWEAT® Fitness Center

In our 2,000 square feet, state-of-the-art, fully-equipped SWEAT® Fitness Center, buff that body as you stretch high and energize. Get an adrenaline rush any hour of the day when you tone up and trim down with 24-hour access.

## EQUIPMENT RENTALS

At Black Beard Sports for off W Retreat adventures.

**Beach Accessories** - umbrellas, chairs, coolers

**Mountain Bikes** - including child seats and pull-behinds

**Kayaks** for "off property" - either you can take them yourself or we can deliver them to your favorite spot

## RETREAT ACTIVITIES

These activities are complimentary to W guests.

**Sunrise Kayak** - Join us Friday, Saturday, and Sunday mornings on W Beach at 7:45am for a one hour kayak tour (unless otherwise posted). If conditions are not favorable for paddling, we'll either go on a hike or bike ride for the same duration.

**Yoga** - Meet us at SWEAT® Fitness Center each morning at 8am. We provide training for your mind, body, and breath. Private yoga sessions available through AWAY Spa, featuring Detox Yoga, Art of Meditation, and Introduction to Breath.

**Pool Activities for Kids and Adults** - Saturdays at 10am at WET with a 24 hour advance notice by calling Black Beard Sports at ext. 1694.

- Discover snorkeling (6 years and older)
- Bubblemaker (8 years and older)
- Discover Scuba (12 years and older)

## AWAY SPA

When it's time to wind down, there's no better way to shed your stress than with AWAY Spa's sensational spa services, including:

**AWAY Massage**      **30 min. \$80 / 60 min. \$140 / 90 min. \$220**

This signature massage is designed for spa guests who wish to DEtox from a long, playful night out or to REfuel for whatever comes next. Our spa mixologists will start with our Drift AWAY opening ritual with an aromatherapy facial compress and cranial hold massage, and then apply the latest massage techniques to soothe you from head to toe.

**AWAY Facial**      **30 min. \$80 / 60 min. \$140**

Face it. Your skin needs some love. Whether it's time to hydrate and rebound or sooth and wind down, our signature facial with your skin's unique tone in mind. Tell us what your skin needs or let us do the talking. AWAY Spa Vieques proudly uses Natura Bisse OSEA, and Epicuren products.

## Nourish Wrap

**60 min. \$140**

Nourish sun-kissed skin, with a hydrating full-body cooling wrap. Mineral rich organic algae, luscious aloe vera gel, green tea extracts, and other antioxidants, will reduce redness and irritation while cooling and soothing environmentally damaged skin.

## Café-Con-Coco (Fresh)

**30 min. \$80**

This combination of shredded coconut, fresh Encantos Puerto Rican coffee grinds and kukui coconut oil are mixed to exfoliate, hydrate the skin and increase circulation.

## Detox Ginger Salt Scrub (Fresh)

**30 min. \$80**

Fresh finely grated ginger and organic sea salt is mixed to detoxify and exfoliate while energizing the skin. Ginger is known for its soothing and healing benefits.

### AWAY SPA HOURS:

Sunday - Thursday

10am-7pm

Friday & Saturday

10am-8pm

**FOR APPOINTMENTS DIAL x7021**

## GOOD TO KNOW

- Fish & Wildlife areas close at night and reopen in the morning. Check posted signs at park entry.
- Gasoline can sometimes be scarce on the island. Avoid waiting until your tank is almost empty.
- Morales is the grocery store chain - one located in Isabel II and the other in Monte Santo. There are several other colmados (small grocery stores) throughout the island.
- Except for Sun Bay, none of the beaches provide facilities or refreshments, so bring anything you'll need.
- Always bring water and use sunscreen. Do not underestimate the Caribbean climate.
- Repellants with DEET, lotions, or perfumes are harmful to the bio-bay.

## PLACES OF INTEREST

### Isabel II

Shopping  
Restaurants  
Art Galleries  
The Fort Count Mirasol - 787-741-1717  
Open Weds-Sun 9am-4:30pm  
museum, historic archives, local crafts, book store  
Banks  
US Post Office  
Municipal Plaza  
Churches

### Esperanza

Shopping  
Restaurants  
Beach  
Vieques Cultural & Historical Trust - 787-741-8850  
Open 11am-5pm - 7 days / week  
museum, aquarium, gift shop, fund raising tours, volunteer programs

### Vieques National Wildlife Refuge

Beaches (Green, Playa Grande, Garcia, Red, Secret, Blue, Silver, Orchid)  
Bike routes

### Sun Bay (DNR - Puerto Rico Dept. of Natural Resources)

Beaches (Sun Bay, Media Luna, Navio)  
Bioluminescent Bay  
Camping  
Facilities (restroom, snack bar)

**Mosquito Pier (La Rompe Olas)** - one mile long pier

**Central Playa Grande Ruins** - sugar cane plantation ruins

**Ceiba Tree** - 400 year old Silk Cotton Tree

## ECO TOURS

All tour inquiries can be made by calling Black Beard Sports direct at ext. 1654.

### SCUBA DIVING

We are a 5 Star PADI Dive Center and offer tours and classes from Discover Scuba through Divemaster.

Vieques' access to both the Atlantic and Caribbean provides excellent dive conditions year-round. We've established both surf and boat dives on either side of the island, allowing us to choose the ideal dive location at moment's notice.



## SCUBA CLASSES

<b>Discover Scuba</b> - half day	<b>\$150</b>
Curious about scuba, but not quite sure you are ready to get certified? Discover Scuba Diving will let you try scuba to see if you like it. (full equipment, 2 dives)	
<b>Refresher</b> (lesson, equipment, 2 dives)	<b>\$130</b>
Feel a little rusty? Refresh your scuba skills	
<b>Open Water Certification</b>	<b>\$400</b>
min. of 4 days, equipment included, materials extra	
<b>PADI e-learning dives</b>	<b>\$350</b>
equipment and materials included	
<b>Referral dives for certification (PADI or other)</b>	<b>\$300</b>
4 open water dives equipment included	

## TOURS FOR CERTIFIED DIVERS

**Surf Entry Dive** (tanks and weights, 2 dives) **\$80**

**Boat Dive** (tanks and weights, 2 dives) **\$120**

**Night Dive** (tanks and weights, 1 dive) **\$80**

### Scuba Equipment and Rental

with tour **\$30**

without tour **\$50**

**Whatever/Whenever Dives** - custom dives available. Contact our dive center at (787) 741-1892, email us at [dive@blackbeard-sports.com](mailto:dive@blackbeard-sports.com) or visit our website at [www.blackbeardsports.com](http://www.blackbeardsports.com).

## BOAT CHARTER - HALF DAY

Up to 6 passengers with snorkel gear. **\$500**

## SNORKELING TOURS

All levels are available, from beaches to offshore reefs. Trips can be arranged from our dive boat, kayaks, or launched right from shore. We provide all equipment needed to see Vieques' most spectacular wildlife.

**Blue Beach** **\$65pp**

Great entry level trip that builds snorkeling skills and takes you to an active reef right from the beach. (easy to moderate, 3 hours)

**Green Beach** **\$65pp**

Tour to the western most tip of the island, where the beach sand is pink and the water is calm and clear. (easy to moderate, 3 hours)

**Pirate's Point** **\$65pp**

Experienced snorkelers will explore a mature reef with great texture and an abundance of coral life. (moderate to skilled, 3 hours)

## OPEN WATER SNORKELING BY KAYAK

A complete island adventure, kayaking to an open water reef is where you'll find the most pristine sea life rarely seen by visitors.

**Ensenada Honda** **\$100pp**

45 minute paddle to a large open water reef, great coral and fish, depart from and return to the incredible Orchid Beach. (5 hours total time)

**Lighthouse Point** **\$85pp**

Easy paddle to snorkeling spot, see the historical lighthouse, and through mangroves. (4 hours depart to return)

**Cayo Blanco** **\$75pp**

Depart from W Beach due north to the little island visible from the Retreat (about a 1 hour paddle). Land on the sandy beach of your very own island and enjoy snorkeling the surrounding reef. (approximately 4 hours)

## KAYAK TOURS

What better way to experience a Caribbean island than by exploring the diversity of its shorelines. Paddle on crystal clear waters between pure white sand beaches and enchanted mangrove lagoons. Contact us to arrange your kayaking nature excursion.

**Puerto Ferro** **\$75pp**

This is an easy going paddle that incorporates a visit to the 110 year old lighthouse ruins. It then continues into the bay and through the diverse wildlife of a mangrove forest.

**Kiani Lagoon** **\$75pp**

Explore the mangrove habitat on a very easy paddle through calm water that takes you into a natural sanctuary for birds and fish, with palm trees and mountains as your backdrop. Especially relaxing during sunrise! (4 hours total time)



## MOUNTAIN BIKE TOURS

Anyone who can ride a bike is eligible to participate in a mountain bike tour. The tours offered range from beginner to advanced skill levels. Each tour is designed with rider ability and comfort in mind. We provide the bike, helmets, drinking water, and the guide who will show you the most unique parts of Vieques.

### Mosquito Pier

**\$50pp**

This is a ride the entire family can enjoy. From The W we ride to Mosquito Pier and see the 400 year old Ceiba tree along the way. This tour can also incorporate entry level snorkeling along the pier. (8 miles, 2 hours)

### West End

**\$75pp**

Either we peddle directly from The W or shuttle over and start at the famous Ceiba tree, continuing to the scenic Mosquito Pier, see some of the old military munitions bunkers, and have a look around the historical sugar mill ruins of Playa Grande. (17-22 miles, 4 hours)

### Beach Excursion

**\$75pp**

The Beach Excursion tour is an excellent way to see all the beaches available on the eastern National Wildlife Refuge. The terrain is half paved, half gravel road, and mostly flat with rolling hills. (15 miles, 4 hours)

### The Complete Island

**\$110pp**

This is the most comprehensive bike tour of the island and requires a higher level of physical fitness. Although this is a moderately paced ride over moderate terrain, the Caribbean sun and humidity are the biggest concern. This ride incorporates a loop around the island to include the eastern Wildlife Refuge, western Wildlife Refuge, and everywhere in between. (35 miles, 5-6 hours)

**Add snorkeling to any ride for \$25/person.  
Use our gear or bring your own.**

## HIKING TOURS

Keeping it simple and still getting to places on the island rarely seen by people. Vieques offers hikes to breathtaking vistas and incredibly pristine beaches. Whether you want to see the historical ruins buried deep in the tropical jungle or beaches not accessible by vehicle, our hikes take you to where nature is in control.



### Playa Grande Beach

**\$45pp**

This coastline hike incorporates climbs over rocky outcroppings between multiple stretches of shell filled sandy beaches. Rough surf typically prevents swimming, but small pools are good for frolicking or a quick dip, and a constant ocean breeze are sure to keep you cool.

### Playa Grande Ruins

**\$45pp**

From the picturesque beach we'll trek to the historical sugarcane plantation ruins deep into the tropical jungle. Don't worry, snakes are extinct on Vieques!

## COMBO TOURS

That's right—we can package together any combination of tours for you. Maybe you can't make up your mind, or just can't get enough of Vieques. Dive in the morning and hit the trails in the afternoon. Or paddle the coast and explore the jungle.

## SAFETY ON THE ISLAND

While vacationing on the beautiful island of Vieques, it is easy to become complacent and distracted. Crime, typically petty theft, and potential health hazards exist all over the world, and Vieques is no exception. Please consider the following precautionary reminders to reduce the chances of becoming a victim of crime or accidental injury.



### Safety

- Remain alert of your surroundings as if you were at home. People with malicious intent sometimes take advantage of unsuspecting visitors who may be distracted.
- Avoid taking valuables with you. Bring only what you need.
- When at the beach, leave rental vehicle windows open and doors unlocked unless otherwise instructed by the rental car agency.
- Do not leave valuables inside the vehicle.
- Do not leave valuables unattended on the beach. Should you go for a walk or swim, take valuables with you.
- Except for when at the beach, keep your vehicle secure and do not leave valuables within sight.
- Do not flash large amounts of cash in public.
- Do not get intoxicated without a designated support person, and stay with your group.

### Health Safety

- Pay attention to uneven walking surfaces.
- Do not swim while intoxicated.
- Stay away from bee hives. Bees protecting a hive are aggressive!
- Do not touch anything on a reef. Some corals can sting.
- Remain alert of horses while driving, especially at night.

### First Aid

**Bee sting** - Get away from the area to prevent additional stings. Quickly remove the stinger by any means. If allergic, use your EpiPen or seek medical assistance immediately. An antihistamine, such as Benadryl can help reduce swelling and itching. Ibuprofen helps to reduce pain.

**Jellyfish sting** - Most jelly fish encounters are with the bubble variety and only cause temporary discomfort. Man o' war or more toxic jelly fish are rare in these waters. If you are stung by a jelly fish, don't panic, get out of the water. Soak or rinse the area with sea water or white vinegar for 15-30 minutes. **Do not use fresh water or urine!** Remove tentacles if necessary with a stick or a pair of tweezers. Wear gloves if you have them available. Apply a jellyfish sting relief product (available at Black Beard Sports).

### Seek immediate medical treatment if the person stung has:

- difficulty breathing, swallowing, or has chest pain
- happened to someone who is very young or old
- involves a large area of the body, the face, or genitals

**No-see-um** is a general name for the **Biting Midge** (not a sand fly), locally referred to as "magen." A typical observation upon experiencing a bite from this insect is that something is biting, but the person suffering cannot see what it is. The Biting Midge is common around wet areas like beaches, wetlands and creeks and found in North America and throughout the Caribbean. Some people are more susceptible to being bitten than others, and every person reacts differently to their bites. Treatments: try using topical anti-pruritic preparations for temporary relief from itching; for more serious reactions an antihistamine may help. Repellants have inconsistent results. If the Biting Midge finds you irresistible, wearing long pants and a long-sleeved shirt will help the most.

## **FAQ (frequently asked questions)**

### **How do I get a rental car?**

AVIS Car Rental. Onsite at the W inside Black Beard Sports, located next to SWEAT. 787-741-7099

### **How do I get a taxi?**

There is a list of taxis that is located at both the welcome desk and concierge desk.

### **How do I go on a tour of the bio bay? Here are 2 options:**

Abe's Snorkeling & Bio Bay Tours 787-741-2134  
Island Adventures Electric Boat 787-741-0720

### **How can I go horseback riding?**

Elizabeth with Expeditions in Bieke on the south side - \$65/2 hr. tour.  
Penny at Sea Gate Hotel on the north side - \$65/2 hr. tour.

### **How can I get a guided tour of the island?**

Letty with Kiani Tours offers custom van tours.  
Black Beard Sports offers biking and kayaking tours.

### **What beaches should I go to?**

You can't go wrong with any; all are great for swimming except Playa Grande (good for hiking). Sun Bay is the only beach with facilities.

### **Where can I get beach goods? Sunscreen, waterproof camera, beach toys, gifts, etc.?**

Black Beard Sports located next to SWEAT® and their main store located in Isabel II.

### **Can I go to the reserve area on the map?**

Yes. That's where most of the great beaches are. As long as the gate is open, you are allowed, and encouraged to go. The park closes each evening and reopens in the morning (see signs posted at entrances).

### **How do I go kayaking?**

Black Beard Sports has the paddles and complimentary kayaks are on the W Beach. They also rent kayaks to take off property.

### **Where should I snorkel?**

Green Beach, Mosquito Pier, and the south side of the island off of Blue Beach. Most calm beaches where there are rocky outcroppings have reef life.

### **How do I get a volleyball to play out on your beach?**

Contact either Wet or the concierge.

### **Is there a tennis club on island?**

Yes. Interested players (level 3.0 or higher) can contact Jackie at (973)202-3147 or Ric at (508)280-5810 for information and current schedules.

### **How do I get back from the bars at closing time?**

Contact a taxi. If there is no taxi, then call the hotel and we will come get you when we have someone available.

**We hope this information is helpful.  
Please communicate with Whatever/Whenever directly at  
extension 7038 if you have any other questions.**







**Black Beard Sports**

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787-741-1892

[blackbeardsports.com](http://blackbeardsports.com)