



NOLS ALUMNI SAILING
ST. VINCENT & THE GRENADINES
MARCH 20 – 27, 2012

Features of This Trip:

- Self sufficient, 7-day expedition
- Sailing and seamanship skills aboard a 39' sailboat
- Exploring islands, cays, beaches and reefs throughout the Grenadines
- Hands-on learning and immediate application of new skills
- Local natural and human history and wildlife
- Anchorage and weather assessment and passage planning
- Spending each night in a different harbor or cove
- Snorkeling over coral reefs
- LNT skills and ethics
- Competent Crew or Day Skipper Certification available
- 12 participants, 2 instructors, 2 boats

Cost: \$1995

Minimum Age: 18 years

Trip Description

The trip begins at Kingstown, St. Vincent at 11 a.m. on March 20, 2012.

That day, we'll review equipment, get oriented to the boat, and examine the route of our trip and help with provisioning. The next morning we'll leave the dock early for our first sail.

Sailing instruction and review will be the focus of the first few days, but very soon you and the rest of the crew will have gained the skills to run the boat while your instructors step back into a coaching and assisting role.

Over the course of the week, we will explore the archipelago of over 30 islands, isles and cays. The Grenadines feature warm temperatures, mesmerizing aqua blue water, and best of all, strong, steady breezes ideal for beginning and intermediate sailors. The islands are almost all within sight of one another and host a broad array of harbors and coves in which we'll drop anchor each night. Some of these are rimmed with white sand beaches, others with colorful local shops and restaurants, and some with nothing but the tropical forest. A favorite haunt of pirates' centuries ago, the Grenadines offer seclusion and a rugged beauty that is best discovered by sailboat.

In addition to St. Vincent, our voyage will include Bequia Island, Tobago Cays (a wildlife park teeming with Hawksbill sea turtles and a stunning array of coral and tropical fish) and several other smaller isles and cays. As we sail from island to island, you will learn seamanship (or hone the skills you already have), navigation, passage planning, anchorage assessment, and many other important

skills of expedition sailing. There will also be plenty of time to discover the world down below.

Environment

Weather is never predictable. Though the winds are generally between 15 and 25 knots, the potential exists for gusts and squalls that are much stronger. The weather can range from hot sunshine to rain, strong winds, low visibility, and high seas. There are times when you might be wet and tired, but you will learn to manage these situations, perhaps even with a smile. While each trip carries a radio and a satellite/cell phone for emergency communication purposes, communication cannot be guaranteed. Medical evacuations may be delayed.

A constant theme in our instruction is identifying and managing the hazards of ocean travel. Hazards include inclement weather, prolonged exposure to heat and sun, marine organisms, shallow reefs, and submerged rocks.

This trip's environment includes the sailboat itself. Sailboat living is an intensely communal experience—participants and staff will share small cabins and common areas around the clock. Excellent "Expedition Behavior" and good cheer are requisites on this alumni trip.

Curriculum

Alumni trips are more relaxed than a typical NOLS course; however, this sailing expedition is not a vacation or a guided trip. Trips are self-reliant where evacuation to modern medical facilities may take hours to days. Throughout the trip, you live on the boat, prepare group meals, and care for yourself. We will cover sailing and seamanship skills, Leave No Trace skills and ethics, and human and natural history for the area. The expedition sailing format emphasizes hands-on learning and application of new skills in a variety of situations.

International Sail and Power Association (ISPA) Competent Crew certification is available for those interested. If you already have ISPA Competent Crew Certification you may work toward Day Skipper Certification on this trip as well.

Registration and Payment

To reserve a space on this trip, send a \$200 non-refundable deposit to NOLS via phoned credit card or check (ph: 800.332.4280 – NOLS Alumni Department, 284 Lincoln St. Lander, WY 82520). The remainder of the tuition and all application forms are due by February 1, 2012.

Your trip tuition includes meals starting with dinner on the first day through lunch on the last day, all group equipment and instruction.

Travel to and from Kingstown, lodging on the night before the trip starts and the last day, any meals not indicated, and any cost incurred for evacuations are the responsibility of the trip participants.

Expectations of you as a participant

We expect that participants have read the pre-trip information and that you are prepared mentally and physically for the challenges and adventures that are in store for you. **As on all expeditions, we will be flexible and may be thrown extraordinary challenges;** your instructors are prepared to deal with such situations but may require your support and flexibility as well. If you have any questions or concerns, please call us in the alumni department—(800)-332-4280; we look forward to hearing from you.

Participants are responsible for any evacuation expenses incurred by NOLS. We urge you to consider trip insurance—call us for suggestions.

Trip Logistics

Your trip begins at 11 a.m. on March 20, 2012 in the Lagoon Marina and Hotel, Kingstown, on St. Vincent.

If plane schedules/delays cause you to arrive later, please contact the NOLS Alumni Department ASAP 800.332.4280. You should plan to arrive in Kingstown on the afternoon of the day before the first day of the trip. Please limit the luggage you carry to that on the equipment list, as space on the boat is limited and NOLS cannot store luggage for you.

On the last day, we will return to the marina, clean up, and end the trip. If there is enough interest we can arrange a farewell dinner on the last night on St. Vincent. Please do not schedule a departing flight before 6 p.m. on the 27th.

Travel logistics for getting to St. Vincent

St. Vincent is situated in the southern end of the eastern Caribbean Sea. The Islands are serviced by ET Joshua Airport (SVD), on the largest island in the Grenadines. There are no direct flights as the airport is small. To get there from the US, you must first connect in San Juan, Puerto Rico (SJU), Barbados (BGI) or Port of Spain (POS). You will then fly to ET Joshua airport, St. Vincent (SVD).

American Airlines/American Eagle operates flights to SVD.

Other major airlines (US Air, Delta, Caribbean Airlines etc.) will take you as far as San Juan (SJU), Barbados (BGI) or Port of Spain (POS).

You may have to collect and re-check your luggage on the last leg of your flight.

There is an EC\$40 departure tax payable by all departing passengers when leaving St. Vincent.

Taxis are available at the airport and at hotels.

Make your reservations early to get the best price and schedule.

Entering St. Vincent

US citizens **must have a passport** to regain entry into the US after visiting the Caribbean. US citizens do not need a visa. Residents of other countries may need

to obtain an entry visa in advance. For more information, visit the St. Vincent tourist board at <http://www.discoversvg.com/>.

You must clear customs and immigration upon arrival in St. Vincent. You will be asked who you are chartering with, we charter with Sunsail.

Lodging

St Vincent has many options for lodging; some of them are high-end resorts. Here are some of the options at or near the Marina:

Lagoon Hotel and Marina

PO Box 133, St. Vincent and the Grenadines, West Indies
Caribbean

<http://www.sunsail.com/contact>

Beachcombers Hotel

Villa Beach

Kingstown, St. Vincent and the Grenadines, West Indies
Caribbean

Tel: (784) 458-4283

Fax: (784) 458-4385

Email: beachcombers@vincysurf.com

<http://www.beachcombershotel.com/index.cfm>

Mariners Hotel

Villa Bay ~ St. Vincent

St. Vincent & the Grenadines, West Indies
Caribbean

Phone: (784) 457-4000

Fax: (784) 457-4333

frontdesk@marinershotel.com

<http://www.marinershotel.com/>

Communication and Contact

Expect to be out of telephone contact for the duration of your expedition. If someone needs to reach you in case of **emergency**, please have them contact NOLS Alumni Relations Department (800.332.4280). Friends and relatives should not expect to hear from you while you are out sailing.

Currency

US Dollars and Eastern Caribbean Dollars are widely accepted. Major Credit Cards are accepted, except American Express.

Fishing

We will not be fishing.