

## *Sample Itinerary -*

Day 1 – Board Yacht Catatonic 500 at noon in Red Hook, St Thomas and set sail to check into Customs in the British Virgin Islands at Soper’s Hole. After customs, sail to Norman Island and enjoy the afternoon and an incredible sunset. The Willy T and Pirates’ Bight are spots to visit in this area.



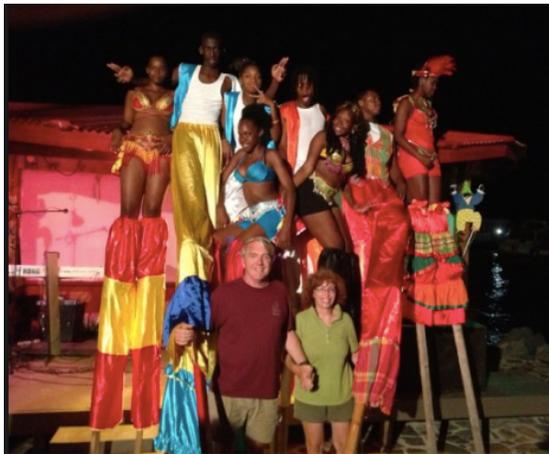
Day 2 - Explore the Caves and the Indians on Norman Island in the morning, and enjoy a great sail to Cooper Island for more exceptional snorkeling. If you are diving, the famous RMS Rhone is an absolute must, conditions permitting. Snorkelers can also get a birds’ eye view of the stern section of the shipwreck, and it’s definitely worth the splash. Kayaking to Salt Island is also a great activity. There are also cute boutiques and a fantastic Rum bar at Cooper Island in case you’d rather pass on the expedition to the Rhone.



Day 3 - Set sail for the picture-perfect Baths on Virgin Gorda and explore one of the most amazing beaches in the world. Once you visit the Baths, you’ll begin noticing that it’s used as a location for many photo shoots. Take an afternoon sail to Trellis Bay or Marina Cay for another beautiful anchorage.



Day 4 - Kayak and/or snorkel at the Dogs and enjoy lunch at the perfect little day anchorage. Next, head over to the North Sound of Virgin Gorda. Visit Leverick Bay Resort, dive or snorkel gorgeous Eustatia Sound, or visit one of the many beautiful beaches in the area.



Day 5 - Head out for a day sail to Anegada, to explore one of the world's largest barrier reefs and take in your own "Corona Beach" at Cow Wreck Bay. This is one of the most beautiful beaches you'll ever see! Another option is heading to Monkey Point, another stunning anchorage with great snorkeling and kayaking opportunities.



Day 6 - Set sail for Jost Van Dyke and explore Sandy Spit and/or take a walk to the Bubbly Pool. When the surf is right the Bubbly Pool is like nature's Jacuzzi. For those interested in fishing, this is the best fishing opportunity of the trip!



Day 7 - No trip would be complete without a trip to the Soggy Dollar Bar or one of the many other beach bars at White bay on Jost Van Dyke. When leaving White Bay, don't forget to listen to Kenny Chesney's "Adios to Jost!" Spend your last evening at Diamond Cay in Great Harbor.



Day 8 - Last morning aboard! Enjoy breakfast and one last dip at beautiful Sandy Cay and then take a leisurely sail back to Red Hook, St Thomas to check back in to Customs, do some last minute souvenir shopping, and start planning your next trip aboard Yacht Catatonic 500!