

PARK GUIDED WEEKLY PROGRAMS

MARCH 2016

Virgin Islands National Park
National Park Service
Department of the Interior



Be sure to visit Virgin Islands National Park Facebook page for updates & changes!

<p><u>Mondays, Tuesdays, & Thursdays</u> 9:30 am to 3:00 pm</p> <p><u>Fridays 9:30 am to 3:00 pm</u></p>	<p><i>Reef Bay Hike</i></p> <p><i>L'Esperance Adventure</i></p>	<p>Reef Bay Hike -This is the Park's most popular guided program. The trail travels down a verdant valley to the sea. Along the way you will experience the sights, sounds, tastes & smells of history while you learn about the different peoples to inhabit the area. The Petroglyph pool offers a unique view of history.</p> <p>L'Esperance Adventure- trail starts just west of the center of the island and follows the valley past Bay Rum forests and colonial era ruins . A large portion of the trail is exposed, allowing dramatic views. These are backcountry hikes and participants should be responsibly equipped with appropriate clothing, shoes, food & water for a 5+ hour excursion. Hikers must be able to walk back to the trailhead if rough seas prevent boat pick-up. These programs require reservations! Reservations can only be made at www.friendsvinp.org/hike. Transportation & booking fees total \$40. Leaves from Cruz Bay Visitor Center</p>
<p><u>Mon. through Fri. ongoing 10:00 am to 2:00 pm</u></p>	<p><i>Annaberg Culture Demonstrations</i></p>	<p>Local, traditional subsistence lifestyle skills are brought to life by St. John natives; Olivia, the baker, & Charles, the gardener. Learn about the challenges of daily life and cultivation in this unique tropical environment. Hear about the uses of local plants and objects for housework, healing and eating. Volunteer docents will be on site. At Annaberg Sugar Mill, Leinster Bay</p>
<p><u>Wednesdays</u> 7:30 pm to 8:30 pm</p>	<p><i>Sky Watch</i></p>	<p>Take an opportunity to view the southern hemisphere from the Salt Pond Bay area. You'll have a sky tour, slide show and time at a telescope to experience the sky scape of the park. Meet at Concordia Resort Salt Pond Bay. Guest Speaker will bring up to date news from NASA 3/2</p>
<p><u>Fridays</u> 7:30 am to 9:00 am</p>	<p><i>Bird Watching</i></p>	<p>Discover the fascinating bird life of the Virgin Islands, from dry forests to sea-shore. This is an opportunity to add some species to your "life list." Bring binoculars & field guides if possible, the park provides limited equipment to share. Meet at Francis Bay Trailhead.</p>
<p><u>Saturday, March 5th</u> 9:00 am to 11:00 am ONE DAY ONLY!</p>	<p><i>Yoga in the Park</i></p>	<p>The perfect combo to appreciate the rejuvenating effects of nature while hiking to Salomon Beach. At trails' end a certified Yoga instructor will conduct a session on the beach where the natural environment enhances this experience.</p>
<p><u>Sundays</u> 1:30 pm to 4:00 pm</p>	<p><i>Snorkel Safari</i></p>	<p>Accompany a CORE certified lionfish wrangler who will dispatch lionfish found on the reef at Salomon Bay. Come along to help locate this venomous exotic invader and learn more about the wildlife underwater. You will be hiking & snorkelling, please bring appropriate footwear & your snorkelling equipment. Meet at Lind Point Trailhead in Cruz Bay.</p>

Programs at Cinnamon Bay Campground

<p><u>Tuesdays 7:30 pm to 8:30 pm</u></p>	<p><i>Cinnamon Bay Evening Show</i></p>	<p>REEF LIFE illuminated program. Join in for an entertaining & educational look at the world underwater. Jeff Miller brings his popular program to the Dining Room at Cinnamon Bay.</p>
<p><u>Thursdays 7:00 pm to 8:00 pm</u></p>	<p><i>Cinnamon Bay Evening Show</i></p>	<p>National Park Service, Then, Now & Tomorrow Career Ranger Corrinne Fenner will take you on a journey of National Park history. Learn about the forces that shaped the Park system as she shares the most beautiful sights in America. Presented at the campground Amphitheater, just beyond the parking lot.</p>
<p><u>Wed. & Thu. 10:00 am to 2:00 pm</u></p>	<p><i>Cinnamon Bay Archeology Lab</i></p>	<p>Visit the Archeology museum on the beach at Cinnamon Bay. Interns will be available while working the on-going studies on the wealth of history beneath our feet. Volunteers will offer a guided walk on the Loop Trail at 11:30 a.m.</p>
<p><u>Friday Evenings</u> 6:30 pm to 7:30 pm</p>	<p><i>Cultural Evening & Drumming</i></p>	<p>Eddie Bruce and Company will demonstrate the art of drumming brought from Africa to the new world and speak to the uses and culture of drumming in the Virgin Islands. All are encouraged to learn & play. Dining Room at Cinnamon Bay.</p>

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<p><u>Mon-Thu @ Hawksnest 11 am</u> <u>Mon-Fri @ Trunk Bay, 11 am</u> <u>Fridays @ Leinster Bay, 1 p.m.</u></p>	<p><u><i>Reef Ravers</i></u> <i>Hawksnest Bay, Trunk Bay & Leinster Bay</i></p>	<p>Curious about the corals you see in the Virgin Islands? Join us to discover how coral animals transform into the complex communities you see below, the connection they have to the ocean ecosystem, and how you can help preserve them! NOT OFFERED MARCH 31ST.</p>
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<p><u>Tuesday</u> 7:30 pm to 8:30 pm April 5th & April 26th</p>	<p><i>Cinnamon Bay Evening Show</i></p>	<p>REEF LIFE Illuminated program. Join in for an entertaining & educational look at the world underwater. Jeff Miller brings his popular program to the Dining Room at Cinnamon Bay.</p>

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<p><u>April 5th & April 26th Tuesday 7:30 pm to 8:30 pm</u></p>	<p><u><i>Cinnamon Bay Evening Show</i></u></p>	<p><u>Reef Life "What makes a sponge smile?"</u> Join in for a entertaining & educational look at the world underwater. Jeff Miller brings his popular program to the Dining Room at Cinnamon Bay.</p>
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