



**Jost Van Dyke** – has a number of popular harbors. White Bay is aptly named for its huge expanse of white sand beach, where you will find the White Bay Sandcastle Resort, the Soggy Dollar Bar where the now famous “Painkiller” was invented, and Ivan’s Stress Free Bar & Restaurant which is lavishly decorated with shells. The next harbor along the southern shore is Great Harbor, which also has a lovely beach and is home to Foxy’s Tamarind Bar & Grill – renowned for their lively beach parties and live music! Great Harbor is also home to Christines Bakery, Rudy’s Mariners Inn, Corsairs Bar & Grill, the local Customs office and a small market. Further along the island is Little Harbor/Garner Bay. Here you can get ice, or visit one of three restaurants; Abe’s by the Sea, Sidney’s Peace & Love, and Harris’ Place for their “all you can eat” Lobster or Barbecue. From here there is excellent hiking for the ambitious, and the views are spectacular

#### **Little Jost Van Dyke – Diamond Cay**

Located just off the far eastern shore of Jost Van Dyke this delightful region has excellent anchorages, fine snorkeling and a more quiet atmosphere than it’s neighbor, Jost Van Dyke. Diamond Cay is where you will find the new “Foxy’s Taboo Restaurant” with its open air bar & dining area and excellent food, without the crowds!

A good refreshing dip can be had at the “Bubbly Pool”, a natural pool surrounded by rocks at the ocean’s edge. At high tide, waves tumble in through the holes in the rocks, creating a bubbling salt water pool. Ask at the bar for directions.....or follow the blue arrows, and heed the warnings to avoid the poisonous trees (*don’t worry — the Machioneel Trees are not right on the trail*). The *Bubbly Pool* is essentially a semi-sheltered area that the northern waves break into, fortunately hindered by the large boulders in front of it. Playing in the pool is not dangerous, typically, and you can control how much of the waves force you take by how close you go to the mouth of the pool.



### **Green Cay & Sandy Spit**

These tiny uninhabited islands t lie just off the eastern tip of Little Jost Van Dyke which can be seen in the top left corner of the photo. Green Cay consists of 14 acres and is a great location to snorkel in the shallow waters. A picnic lunch on Sandy Spit can make you feel like a castaway!

Don’t confuse Sandy Spit with Sandy Cay!

**Sandy Cay** (pictured below) is about half-way between Little Jost Van Dyke and Soper’s Hole, on Tortola’s Mainland.



This idyllic daytime anchorage offers spectacular swimming, beachcombing, easy hiking, and lovely sand beaches.



**Marina Cay** lies just north of the main island of Tortola, in the area of Great Camanoe and Scrub Island. Marina Cay is a private island of just 4 acres and is home to the Pusser's Marina Cay Resort which incorporates a restaurant, gift and dive shops and several rental villas. Marina Cay was inhabited in 1936 when the author Robb White built a house on the Cay and wrote a book ("Two on the Isle") about his experiences which was later made into a film in the 1950's.

**Guana Island** - A privately owned resort of around 850 acres of outstanding natural beauty. The isle is hilly and covered in tropical forest and has seven small beaches. Guana is conveniently located just north of the East End of Tortola in the British Virgin Islands and close by to the airport on the neighboring Beef Island. The photo to the left shows Guana Island in the distance, from Josiah Bay.



Guana Island  
www.paradise-islands.org

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## SCRUB ISLAND



One of the newest resorts in the BVI, close to the Beef Island Airport

### ANEGADA

Anegada lies just 13 miles north of Virgin Gorda, and is the only coral island in the British Virgin Island chain (the rest of the BVI are all volcanic). Anegada is eleven miles long and just three miles wide with the highest point a mere 28 feet above sea level. The photo below shows an aerial shot of the west end of the island with the Flamingo Pond in the center. The island is surrounded by an 18 mile long Horseshoe Reef which is popular for snorkeling and fishing, especially fly-fishing.





Loblolly Beach, Anegada (photo to the left) is a gorgeous beach for snorkeling and lounging. Millions of photographs have been taken of the



British Virgin Islands, but it's likely Anegada's sunsets account for a large majority of them!

Photo on the Left, lounging in the hammock in Cow Wreck Bay after a nice lobster lunch!

**Anegada Reef -**  
The barrier reef is one of the longest in the Caribbean, and begins just north of

the island at Ruffling Point on the westernmost point of Anegada continuing along the entire northern coastline. It extends several more miles from the north east shore in a semicircular sweep, southeast towards Virgin Gorda.

Since Columbus stumbled upon the British Virgin Islands in 1493, the Anegada Reef has commanded a great deal of respect from BVI sailors aware of its reputation. It has claimed hundreds of shipwrecks, yachts and small boats as well as the lives of untold seafarers over the centuries. Even in recent years and despite numerous navigational aids such as GPS (Global Positioning System) as well as reasonably accurate charts ... this very formidable BVI reef still wins new victims from time to time.

### **Salt Ponds of Anegada, BVI**

Flamingo Pond (seen in this aerial photo) is the largest of four salt ponds occupying approximately one quarter of Anegada's total land mass. This fragile ecosystem supports a small (but growing) population of Caribbean Flamingos which were successfully reintroduced to Anegada in 1992. Three additional salt ponds are known as Red Pond, Bumber Well and Budrock Pond.



**Flamingo Pond**

## **Flamingo Facts**

- The Caribbean Flamingo is the second largest of its species, often growing to 5 feet tall!
- These vertebrates do not reach sexual maturity until they are three to six years of age and generally only lay one or two eggs in a one year period after mating. Females usually only reproduce every other year.
- Flamingos frequently mate for life and both male and female take turns incubating their egg. Some males may have more than one mate.
- The Incubation period is usually about 30 days ... give or take.
- Both parents participate in training and raising their young.
- Flamingos live in mud and straw nests built on the ground.
- They often fly in a V formation.
- Their roseate coloring is due to their diet which is mostly brine shrimp. Their diets are supplemented by various types of water bugs, small sea creatures and fish.
- Flamingos are very noisy birds which produce several vocalizations including honking, growling and grunting and they also communicate using several different visual displays as well.
- They can live up to 40 years under ideal conditions and in an undisturbed habitat. Nobody knows their average life span as not enough research is available.
- Flamingo chicks are gray when born.

You can see a slight pink ring in the bottom right hand corner (north shore) of the salt pond. Those are flamingos! In the mornings, these noisy birds gather near Neptune's Treasure Hotel & Restaurant on the south side of the pond where you can see boats at Setting Point. As the sun moves ... so do the Flamingos!