



SPIRIT
OF THE WEST
ADVENTURES

THE BAHAMAS – SOUTHERN EXUMA CAYS RESERVATION PACKAGE

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SOUTHERN EXUMA CAYS EXPEDITION

5 NIGHTS / 6 DAYS SEA KAYAK EXPEDITION & BEACH CAMPING | GEORGE TOWN DEPARTURE

Please read through this package of information to help you to prepare for your tour. Please also remember to return your signed medical information form as soon as possible and read and understand the liability waiver which you will be asked to sign upon arrival. We hope you are getting excited for your adventure!



ITINERARY

We are so glad that you will be joining us for this incredible adventure. This route will take us into the stunning Exuma Cays. The bountiful and rich wildlife (including colourful tropical fish, corals, sea turtles and many species of birds), long sandy beaches and clear blue water will help you to fall in love with the Bahamas.

DAY PRIOR

Depart your home for the Bahamas today or earlier if you wish. There are direct flights from Toronto to George Town several days a week or if coming from other locations, the easiest entry point is to arrive into Nassau. From here catch a short regional flight to George Town on Great Exuma Island (see travel section for more details). Grab a taxi to your choice of accommodation and settle in. We will meet you at a local bar and restaurant for our welcome orientation at 6pm. Here we will discuss our plans for the next few days and get to know the others in the group. Then it's time for a good night's sleep. (please note expenses on this day are your responsibility).

DAY 1

We will pick you up at your hotel after breakfast (times will be arranged at the meeting the night prior; likely between 8:30 and 9am). We will then take all our equipment and kayaks and transfer to the north end of Great Exuma to the village of Barraterre. After some kayaking instruction, we will pack our kayaks and get ready to start paddling. Once launched we will kayak towards the Brigantine Cays. These mostly uninhabited Cays are surrounded by very shallow sandy areas

which dry out at low tide. This makes it a great place for exploring by kayak as most boats cannot access this shallow area. Our destination for tonight is either Long Cay (apx 7 miles) or Brigantine Cay (apx 9 miles). Once there we will set up camp, snorkel and relax.

DAY 2

After breakfast we will pack up camp and continue exploring the Brigantine Cays. The Cays are home to several different types of mangrove forests. If the tides are right we will paddle through some of these incredibly important and diverse ecosystems which are often nursery habitat for all sorts of fish species, small sharks, turtles and many different types of birds. Our destination for this evening is either Norman's Pond Cay (apx 7 miles) or Leaf Cay (apx 9 miles).

DAY 3

Today there are many options including exploring an old salt collecting pond and protected mangrove forests on Norman's Pond Cay, kayaking through some of the more exposed islands if the weather permits, snorkeling at a great reef and of course there is always time for beach combing including exploring a Cay that is home to iguanas. These iguanas are friendly and curious and really quite interesting to watch. Tonight we will either camp in the same spot again or depending on the group desires and weather, move campsites.

DAY 4

Today we will move campsites and head towards Rat Cay, apx 7 miles (don't worry the island doesn't live up to it's name!). Along the way we will stop at an abso-



lutely picture perfect beach for a stretch break as this is also the trail head for a short walk to the highest point in the Exuma Cays (123ft or 37m). From here we enjoy a great view out over the Southern Exuma Cays and usually a nice cooling breeze. We will arrive at camp in time for snorkeling or lounging on the beach with a book.

DAY 5

Today we will likely keep our camp on Rat Cay and use it as a base for exploring several of the near by Cays. If tides and weather permit we will head to Square Rock Cay and try some snorkeling from our kayaks or a nearby beach. Then to Boysie Cay to check out a blow-hole and watch the power of the ocean on the exposed side of this perfect little piece of sand. The afternoon will be leisurely enjoying more snorkeling here or a nap on the beach. Then back to our campsite on Rat Cay for our final evening in the cays.

DAY 6

After breakfast we will pack up our kayaks one last time and paddle from Rat Cay back to Barratterre on Great Exuma Island. Here we will be met by our transportation and will transfer back to Georgetown to the hotel of your choice. This brings the tour to an official close.

Often groups like to share one last meal and few cold drinks together to celebrate the completion of an excellent trip at one of the local restaurants. Most flights leave in the morning or afternoon so it is likely you will need to spend this evening in Georgetown anyway, so why not spend it with new friends?

Meals (other than breakfast and lunch) and accommodation this day are NOT included in the tour price. Airport transfers are not included in the tour cost, but can be easily arranged with your hotel.

ADDITIONAL DAYS

If you are lucky enough to be spending additional time in the area, we are happy to help with suggestions, but remember you will responsible for any additional expenses.

SPECIAL NOTE

The itinerary is weather and group dependent. As with travel to any international destination, logistics are vulnerable to weather and delays, so please plan your onward travel and post-trip obligations accordingly. We also require all international tour guests to purchase trip cancellation and interruption insurance.

MEETING LOCATIONS

PRE TRIP MEETING - DAY PRIOR

WHERE & WHEN

We will meet you at 6pm Hideaways at Palm Bay Hotel in Georgetown for our welcome orientation. Here we will discuss our plans for the next few days and get to know the others in the group.

TOUR START (DAY ONE)

WHERE & WHEN

We will pick you up at your hotel after breakfast (times will be arranged at the pre-trip meeting the night prior likely between 8:30 & 9am.



WHAT'S INCLUDED?

Professional guiding service, all kayaking equipment (including kayaks, PFDs, paddles, pumps, ropes and sponges), meals (lunch day 1 to lunch day 6), cooking equipment, camping equipment including tents, sleeping pads and sleep sacs, park and land use permits are included in your tour package. If you are planning on bringing any of your own equipment please double-check the packing list to ensure you have the appropriate gear and please let our office know in advance of the tour to avoid us bringing duplicates.

WHAT'S NOT INCLUDED?

Not included in the tour cost are accommodation before or after the kayaking portion of your trip, flights, airport transfers, taxis, travel/medical insurance, alcoholic or carbonated beverages, rain gear, personal items (toiletries, clothing, etc.). Meals outside of the kayaking portion of the tour.



ABOUT THE PACKING LIST

SANITATION

The kayak cuts no grooves and leaves no scars, as it travels freely through the waters. However on land, with the increasing number of kayakers venturing into new territory and seeking the un-traveled path, we must respect our surroundings and be aware of our impact on these environmentally sensitive areas. Spirit of the West makes every effort to ensure we leave our area as we found it or better.

We will be using a portable toilet set up in a private place on this tour to pack out our waste for safe disposal. Your guides will carry a toiletry bag, and will

generally designate a private area for you to answer nature's calling.

Our guides will go over these details before the tour and if you have any concerns while on tour please do not be shy to ask your guide. All paper and sanitary products will be taken out with us.

Once on the kayaking portion of the tour there will be no shower facilities, however the ocean temperatures are quite inviting and make it easy to stay feeling fresh.



WHAT TO BRING

The following is a list of suggested items recommended for your safety and comfort while on your kayak tour. Jeans and nice tops are acceptable for most hotels and restaurants,

TEMPERATURES

During an average March day in the Bahamas the temperature will reach somewhere around 24 degrees Celsius (76F) by early afternoon. Evening temperatures are generally in the vicinity of 21 degrees Celsius (70F). Overall, temperatures in the Bahamas during February and March average around 21 degrees Celsius (70F).

Rainfall during this time is rare, but also possible, with an average monthly accumulation of 4.8 cm (1.9 inches). Ocean temperatures are between 22-24 degrees Celsius (72-75F). However we always find it best to come prepared for any type of weather. Remember there is no such thing as bad weather, just bad gear!

If you have any concerns or questions about this list, please don't hesitate to contact us.

PLEASE NOTE WHAT WE PROVIDE

- Expert guides
- Tents, Thermo-Rest sleeping pads, small pillow
- Camping chairs,
- All cooking materials and meals
- Dry bags – 2-3 per person
- All kayaking equipment – including kayak, PFD, spray skirt, paddle, spare paddle, charts, pump, rope etc.
- Paddling jacket
- A natural history library including books for learning about local flora, fauna, landscape and history.
- Fleece sleep sac and cotton sleep sheet – Temperatures are generally quite warm so these will be lightweight in nature.
- Non-alcoholic beverages – water, juice, coffee & tea
- Mask, fins and snorkel

If you have some of your own gear and would prefer to use it on your tour, please call our office in advance of the tour to let us know, to ensure it is appropriate and to avoid us bringing duplicates.

The following is a list of suggested items to bring along. If you have any concerns or questions about the list, please do not hesitate to contact us.

GENERAL ITEMS

- ❑ Passport & money belt – Ensure your passport is valid for at least 6 months after your return flight. A money belt helps to keep your important documents and money close to your body and takes away the worry of travel.
- ❑ Copies of all your important documents – A simple photocopy of your passport and travel insurance details can save you a lot of hassle if you ever lose the originals.
- ❑ Wet shoes – A pair that can get wet such as crocs or similar footwear. Remember something easy to rinse sand out of may make you a happy camper! We highly recommend Crocs or Hooley Soles as you can wear socks in them at night, they dry quickly and they have a heel strap which helps to protect your heel from chaffing against sand on the bottom of your kayak.
- ❑ Hat – A wide brimmed sun hat and/or baseball cap or visor is essential in the sun of the Bahamas.
- ❑ High SPF sunscreen & lip balm with sunscreen – A must for protection from sun and glare off of the water.
- ❑ Sunglasses – A safety cord on your glasses is a good idea.
- ❑ Bathing suit – For snorkelling and enjoying the warm water!
- ❑ Bath towel – Quick drying towels and or a sarong are handy and less bulky to pack.

- ❑ Medication – If you are bringing medication please ensure that... 1) The name and expiry date of drug is on container; 2) You have a copy of your original prescription in case they question your drugs at the border; 3) You have the detailed instructions of your dosage and frequency; 4) It is packed in a water- and sun-proof container; and 5) You bring a full extra dosage of your medication in a separate container and leave with your guides, in case you misplace or lose yours. PLEASE CARRY MEDICATIONS IN YOUR CARRY ON LUGGAGE IN CASE OF LOST OR DELAYED BAGGAGE.
- ❑ Personal items – Toothbrush, toothpaste, biodegradable and saltwater friendly soap, washcloth, feminine hygiene products, hairbrush, etc.
- ❑ Wet wipes and hand sanitizer – Good for sanitizing or a quick wash.
- ❑ Ziploc bags – These and a large garbage bag are always handy when traveling- especially for taking home dirty laundry at the end of the trip.
- ❑ Small flashlight or headlamp – Don't forget spare batteries (we will have about 11 hours of daylight in February/March). Headlamps are preferable as they allow for hands free use.
- ❑ Camera & film/memory cards – Waterproof is best (great for snorkelling) or packed in waterproof bag or case. Be sure to bring lots of memory cards and spare batteries, you won't want to miss these photo opportunities. Voltage and plugs are the same as in North America (120 volt, 3 prong wall outlets).
- ❑ Book and/or journal – For enjoying on the beach under a palm tree
- ❑ Cash for souvenirs, drinks, gratuities (tips) – US dollars are accepted on par with local currency.
- ❑ Water bottle with a clip such as a carabiner- this will help with securing your water bottle to the deck of your kayak. We recommend a bottle of at least 1 litre in size as we tend to drink lots in the heat.

CLOTHING FOR PADDLING

- ❑ Lightweight pants – Quick-drying, non-cotton- light colours are nice in the sun.
- ❑ Lightweight long sleeved shirt – Quick drying, non-cotton.
- ❑ T-shirts and or tank tops (2) – Can be a combination of cotton and non-cotton. Synthetic material dries quickly so you can wash in the evening and wear it the next day.

- ❑ Undergarments – As you see fit. A couple pairs of synthetic underwear for paddling can be comfortable even when wet. Cotton underwear is good for evenings.
- ❑ Shorts – One quick dry nylon pair.
- ❑ Fleece or similar socks- one pair you don't mind getting wet, as you may want to wear these in your sandals to help protect your feet from sand chafing/blisters.
- ❑ Raincoat- something lightweight and breathable will make you a happy camper on cooler days or if we see some rain or wind. It is unlikely that you will need this coat but better safe than sorry!

OPTIONAL ITEMS

- ❑ Bug repellent – For the occasional mosquitoes and noseemus (usually just around dusk, unless it is a very still night then there are a few bugs)
- ❑ Ear plugs – Just in case your friends snore!
- ❑ Binoculars
- ❑ Personal snacks - Snacks will be provided, but if you have a favourite that you just can't live without please feel free to bring it (remember entry restrictions into the Bahamas)
- ❑ Shorty wetsuit – For snorkelling. We found the water plenty warm for shorter snorkelling trips, but you are welcome to bring it if you have one.
- ❑ Bandana – To cover your neck from the sun. Doubles well as a face cloth.
- ❑ Gloves – For kayaking. Biking gloves or light neoprene gloves work well to protect your hands from blisters and sunburn.
- ❑ Fishing gear – We will have a spear fishing set up with us, but if you would like to bring a line with you, you are welcome too.
- ❑ Alcohol, beer, wine etc. – No alcohol is provided with the tour, but you are welcome to bring your own. You can purchase upon arrival in the Bahamas in the Nassau airport or in Georgetown as long as you are not arriving on a Sunday.



TRAVEL TIPS FOR THE BAHAMAS

Travel to the Bahamas is fairly simple, quick and straightforward. At Spirit of the West Adventures we aim to make your travel experience as relaxed and comfortable as possible, and below we have outlined a few of the tips and tricks we've learned over the years as well as the basic information to help you plan your journey and get the most out of your time in the Bahamas. You'll find out about Bahamian nuts and bolts info (currency, electricity, communications etc.), health and safety, what to bring, how to get to the Bahamas from your home country, where to stay and how to get around once you're there. To learn more, read on.



BEFORE YOU GO

It is important to take a few easy precautions that will help to make your trip run smoothly and help you get over any obstacles you may face. Do the following before leaving and your trip will be that much more relaxing knowing that you're prepared:

- Ensure your passport is current and will remain valid for 6 months after your return date.
- Visitors from most countries including Canada, the USA, the EU and Australia do not require a visa for entry, just a valid passport and return air ticket. For entry requirements for specific countries visit www.bahamas.gov.bs
- Please do not bring any fresh fruit or veggies or animal products. You can bring most packaged foods, i.e. your favourite granola bars etc, just remember to tell customs that you have them.
- Spirit of the West Adventures requires you to purchase travel and medical insurance. This will cover you in the event of needing medical help while abroad and will cover any expenses incurred from unexpected changes in travel plans or circumstances out of your control (i.e. missed flights because of weather, lost baggage, theft, family illness). There are various levels of travel insurance for sale and it is often worth reading the fine print to ensure it is the right coverage for you. All travel agents as well as AAA and CAA sell travel coverage. Caution: often the coverage provided by credit card companies is minimal. Ensuring adequate coverage is your responsibility.
- Make sure your inoculations are current and carry a copy of your vaccination record with you when traveling. See the health section below for more details.
- Set up a pin code that can work internationally on both your debit and credit cards. Take your card into any branch with your current pin and you can reset it to something easy to remember. This comes in handy for withdrawing cash and taking cash advances on your credit cards without having to go into a bank. (PC Financial cards will not work overseas. I also pre-pay a lump sum on my credit card so that I do not get charged interest when taking cash advances from the ATM).
- Foreigners leaving the Bahamas pay a \$20 USD departure fee which is often included in your ticket price.
- Invest in some good sunglasses complete with a



strap as well as a sunhat with strap which will help you enjoy each day on the water and protect you from overexposure to the sun.

- Send yourself an email with a scanned copy of your passport, immunization record, flight details, and important numbers including travel insurance policy numbers, credit card numbers (make sure you leave out a few numbers you will easily remember in case someone else accesses your email) as well as contact details for the company in case of loss or theft. This way if you happened to lose your bags you can go to the internet and have all the information handy. It is also a good idea to leave all of the above with a trusted friend or relative at home who could help you out in a pinch.
- Have fun learning about the country: Watch the James Bond movie Thunderball which was filmed in the Bahamas, enjoy some Sir Sidney Poitier movies (he was born in the Bahamas), start studying your tropical fish for when you are snorkelling and or mix a few rum drinks up at home. This will all help you to get you excited for your trip and help you get the most out of your experience.

WHEN TO GO

The perfect time to travel in the Bahamas is February and March. Temperatures are warm, but not too hot, rainfall is virtually non-existent. This conveniently is also the same time when the rain of the Pacific Northwest winter is at its peak and the deep freeze is taking hold of Central Canada and the American Mid-west. What a great way to extend your kayaking season!

GETTING TO AND FROM THE BAHAMAS (GEORGE TOWN)

This is an easy flight for those in Canada and the US! Direct flights to Nassau are available from many cities including Toronto, Miami and Fort Lauderdale. There are also direct flights to Georgetown on certain days of the week with several airlines from Canada and the US. Flights from Toronto to Nassau take approximately 3 hours. Once in Nassau you catch a smaller regional flight to Georgetown for additional details, please don't hesitate to contact us.

AIRLINES THAT FLY FROM CANADA TO NASSAU

- Air Canada (from Toronto and Montreal with connections from many other cities).
- West Jet (from Toronto direct, Montreal, Calgary, Fort McMurray, Edmonton, Charlottetown, Comox and others); also fly to Freeport, Bahamas
- Sun Wing Charter

AIRLINES THAT FLY FROM THE USA TO NASSAU

- American Airlines /American Eagle (from Dallas and Miami)
- United (from Houston, Charlotte, New York, Newark and Cleveland)
- Delta Air Lines (from Detroit and Atlanta)
- Continental
- US Airways
- Bahamas Air (from Miami, Fort Lauderdale, Orlando, Philadelphia)
- Air Tran
- Chalk's Ocean Airways
- Jet Blue
- Florida Coastal Airlines
- Gulfstream International Airlines
- Sky Bahamas
- Spirit Airlines
- Twin Air
- Vision Airlines



AIRLINES THAT FLY FROM EUROPE TO THE CARIBBEAN

- Air France
- British Airways
- British West Indian Airways
- Condor
- Virgin Atlantic

AIRLINES THAT FLY TO/FROM GEORGETOWN

- Air Canada –direct flight (limited days)
- Bahamas Air (from Nassau)
- Sky Bahamas
- Western Air
- American Airlines/American Eagle (from Miami)
- Continental Connection/Gulfstream International (from Fort Lauderdale)
- Lynx Air (from Fort Lauderdale)
- United Airways (from Charlotte, Philadelphia, Boston, New York seasonally)

WHERE TO STAY

Please note the below are a list of options we think would be suitable for our kayaking guests. There are also a fair number of vacation rentals and upscale resorts on the islands if you would like an alternative to a hotel style room. The following have been chosen because they are simple, clean and in convenient locations to access the downtown areas as well as our pretour meeting locations which is held at 6 pm the night before your tour.

ACCOMMODATION FOR GEORGETOWN

HIDEAWAYS AT PALM BAY HOTEL AND RESORT

hideawayspalmbay.com | \$140- \$395 plus taxes per night. Convenient location only 5-minute taxi from

downtown and location of our pre-tour meeting the night before your tour. On the ocean with 2 pools and many amenities. Has a variety of rooms including suites with kitchens. Also offers a free shuttle for guests several times a day into the town center. Additional charges for breakfast and wireless internet. 1-888-396-0606 from the USA and Canada or 1-242-336-2787.

EXUMA BEACH RESORT

exumabeachresort.com | \$175- \$275 plus taxes per night. A lovely little boutique hotel run by a very friendly woman named Sarah. Clean, newly renovated and keen for business, they go the extra mile. Located on the beach nestled between Hideaways at Palm Bay and Augusta Bay Hotel. Stay includes breakfast, use of kayaks, breakfast, wireless internet and can arrange airport transfers. 1-242-336-3100

REGATTA POINT

regattapointbahamas.com | \$196-\$288 plus taxes per night. A home with several suites within, located literally in the middle of the harbour in Georgetown. Not an overly private location, but convenient for access to the downtown shops and is located on the ocean. Free use of kayaks and small sailboats. 1-800-561-7954 (US) or 1-800-688-0309 (Bahamian)

PEACE AND PLENTY HOTEL

peaceandplenty.com | \$180-\$400 plus taxes per night. An older, but classic hotel in downtown Georgetown on the ocean with pool. 1-800-525-2210 or 1-954-359-8094

AUGUSTA BAY HOTEL

augustabaybahamas.com | \$277-\$307 plus taxes per night. An upscale hotel located just outside of town and two doors down from Hideaways at Palm Bay and Exuma Beach Resort (all side by side). 1-242-336-2251



THE BASICS

The Bahamas are rich for exploring, starting way back when Columbus found the islands in 1492. Since then the islands have been full of adventure and intrigue including being home to pirates, rum runners, blockade dodgers and now a vacation playground for stars such as Johnny Depp, Faith Hill and yourself. The big drawing card for travelers these days is the miles of stunning beaches, laced with palm trees. This regions' over 700 islands and 2400 shallow cays are perfect for exploring by kayak which allow us wind our way in and out of the cays and get to places too shallow for yachts and larger boats.

TIME

The Bahamas is on GMT -5 (GMT -4 from March until November due to Daylight Savings Time).

LANGUAGE

The official language is English. Patois can be found around the islands and Creole is sometimes spoken amongst Haitian immigrants.

ELECTRICITY

The electrical current is 120 volts and 60 Mhz. The pin shape is the same as North America, 2 flat and a rounded ground. You will need an adaptor plug for any NON North American appliances. Universal adaptor plugs can be purchased at any travel shop or in the airport, but check to ensure your device can handle the voltage (most electronics are dual voltage, but appliances like hair driers are not).

SEASONS

The Bahamas enjoy about 320 days of sunshine per year! Winter is considered between December and April but daytime temperatures still average 21C or 70F, pretty warm in comparison to Canadian temperatures at that time of year. Hurricane season in The Bahamas is between June and November. Total average rainfall in February and March is 4.3 cms or apx 1.7

inches. Most days are quite warm and pleasant. For appropriate clothing suggestions please see packing list above.

TIPPING

Generally 15% is standard in restaurants, tourist facilities and generally for most services. Most restaurants include a 15% charge in your bill, so double check to ensure it isn't already included. Tip taxi drivers 15%, Bellhops minimum of \$1 per bag and housekeepers' \$2/day minimum. If you wish to leave a gratuity for your kayaking guides this can be done at your own discretion.

LOCAL CUSTOMS

The Bahamas are generally a fairly laid back place. With more churches per capita than most places around the world. The effects of religion, in particular the Baptist church can be seen throughout daily life. This being said, there is a 'live and let live' attitude towards visitors and religious beliefs of Bahamians will not be forced on you. Some local customs include:

- Holding doors for women
- Common courtesies are exchanged when meeting someone, ex. good morning, good afternoon, good evening, how are you, etc.
- Beach wear is reserved for the beaches. While not strictly enforced or expected it is a way to show respect for local values and customs. Some restaurants also have dress codes.
- If you are partaking in business meetings or attending church the dress is quite formal.
- There is a strong emphasis on family and spending time with family.
- Being polite and smiling can go a long way anywhere.



INTERNET AND PHONE

Internet cafes can be found throughout The Bahamas. Wireless internet is also very popular with most hotels, cafes and restaurants offering the service including on the larger Out Islands. It is often expensive, but it is available.

The country code for The Bahamas is +242. You also need to dial this code when making inter-island calls. There are no local area codes. If calling within an island, you only need to dial the 7 digit local number. To make calls to outside the country from The Bahamas you need to dial 011+ then the applicable country code and then the number. Pay phones can be found in most towns and you can purchase pre-paid long distance cards to use at these phones. The mobile (cellular) coverage is also quite good, but beware of high roaming charges. You can purchase local SIM cards if you have an unlocked phone.

CURRENCY/MONEY

The Bahamian Dollar (BS\$) is linked one to one with the US dollar. You can use US cash most places and change will be given in either currency. To determine approximate current exchange rates check out www.xe.com.

Automated Teller Machines (ATMs) are common in the larger centers. They are more scarce in the smaller Out Islands or if Island hopping. There is an ATM in Georgetown.

If you have a bank card from a major network such as Cirrus or Plus and a 4-digit pin code it should work in the ATM's here.

Visa, MasterCard and to a lesser extent American Express credit cards are accepted at most hotels, larger restaurants and shops. There is however often a 5% credit card fee charged for using your credit card to pay for things in the Bahamas. Credit cards can also come in handy for cash advances from ATMs in case you have any problems with your debit/bank card.

Traveler's cheques are fairly useless. You can use them in major centers, but are often charged a premium on top of your purchase to use them. You often also lose out in the currency conversion process. While nice to have, most credit card companies will also advance you cash if something was to happen to your wallet.

SAFETY

The Bahamas is a relatively safe and enjoyable place to travel. However, the usual petty crime of any city in the world can be found in the major centers including Nassau, but if using common sense and keeping your wits about you, you are unlikely to have any problems.

Where we will be kayaking and exploring in the Out Islands crime is almost unheard of. Being discreet about your wealth will go a long way in keeping you out of trouble – minimize your risks by not wearing flashy jewellery, carrying a wallet full of cash or having a giant camera dangling around your neck at night. A money wallet for carrying your passport and valuables in close to your body helps give you a sense of comfort when transiting in busy places (and makes it virtually impossible for pickpockets to take your important documents). Carrying only the money you will need for the day in your wallet or pocket helps make you a less desirable target for theft.

Travelling with a buddy after dark is never a bad idea, but most major streets in tourist areas are fine to walk after dark. When in doubt take a cab; most restaurants etc. can call you a cab or they are readily found on most streets and rates are set by the government.

Avoid big protests or large gatherings in the streets so you don't get caught up in any tense situations. The national police, in their crisp white uniforms, are incredibly helpful and professional. To reach the police, fire or ambulances dial 911 or 919 from any phone, mobile or payphone. Never try to bribe the police in the Bahamas.



SPECIAL NOTES FOR WOMEN

Women should take the usual personal safety precautions, including not walking alone after dark etc. Keep a careful eye on your drinks to avoid the possibility being drugged if out at a bar. Don't accept drinks from strangers.

It's a good idea to bring with you a supply of your preferred brand of feminine hygiene supplies. Birth control pills and the morning after pill can sometimes be difficult to access.

HEALTH

Ensure you have adequate travel medical insurance. No one ever plans to get sick, but it sometimes happens and having good coverage including the option of returning to your home country for continued treatment is comforting to say the least. Credit cards often offer some coverage, but often have low limits or only partial coverage for a limited number of days. Health care in Nassau is quite good, but expensive so come well covered.

While there are no required vaccinations for travelling to the Bahamas it is suggested you have measles, rubella, polio, hepatitis A & B and tetanus vaccinations (you need a tetanus booster ever 10 years). If you are coming from a country with yellow fever you will also need a yellow fever vaccination. Spirit of the West also asks all guests to have a current tetanus/polio/diphtheria shot (you need a booster every 10 years).

Having a routine medical and dental check-up before travelling can also help to eliminate any unforeseen pain or problems that could take away from your trip. It is a good idea to carry a copy of your prescriptions and any necessary medications in their original containers. Please carry any essential medications in carry on luggage in case of delays in travelling or losing bags etc.

Knowing your eyeglass prescription and carrying a back up pair of glasses will also be helpful in case something happens to your glasses. The sights here are so beautiful you won't want to be visually impaired for even a minute.

There are well stocked pharmacies in Nassau, but options are limited in the outer islands. The best option though is to come prepared so you don't have to spend your vacation time searching out pharmacies etc. Water is generally safe, but it is never a bad idea to treat tap water before drinking or to purchase bottled water if you are concerned. The water here may also taste slightly salty.

We like to take Pristine drops (or similar) with us. They are a quick and easy way to treat water and it cuts down on the waste of buying plastic bottles all the time.



THE FINE PRINT

The degree of difficulty of each tour depends a great deal on the wind and weather conditions presented. This of course cannot be determined in advance, so please be prepared for anything including winds.

If you are concerned about your paddling ability, please contact us to discuss the conditions you might encounter. The Southern Exuma Cays tour provides flexibility with route and offers sheltered paddling among the Cays.

All tours can involve some open crossings, which can present large waves and swell. We of course only kayak when we determine the conditions are deemed appropriate, but please be advised that we may encounter some larger water during several short crossings.

Our tours here are all designed to provide opportunities for relaxing, including time for snorkelling, beachcombing as well as kayaking.

Spirit of the West Adventures does not provide any alcohol as part of the tours, but you are more than welcome to bring your own, which can be purchased upon arrival.

We will try our best to accommodate dietary needs, restrictions and allergies, but please note that supplies can be limited in the Bahamas. Please contact us in the office to discuss any dietary requirements.

Airport transfers are NOT included in the tour price.

Meals outside of the kayaking portion of the tour are at your own expense.

All accommodation (outside of the nights we are camping) is at your own expense.

We require all guests to purchase trip cancellation, interruption and medical insurance to cover any unexpected costs that may be incurred due to circumstances beyond our control. This is your own responsibility and it is up to you to ensure you have proper coverage. Please see our Terms and Conditions for more details.

All flights and baggage charges are at your own expense.



TOUR TERMS & CONDITIONS

HOW TO RESERVE YOUR TRIP

Reserving your adventure with Spirit of the West Adventures is simple. Just call 1-800-307-3982 to speak with one of our friendly and helpful office crew, e-mail your request to info@kayakingtours.com or reserve your trip on the web through our [online reservation request system](#).

If you're not sure if a particular trip is right for you or you're looking for more information, let us know and we would be happy to answer your questions or put you in touch with a past guest who has experienced the trip before. To reserve space on our tours we ask for a deposit as well as a completed reservation form. We require a deposit of 25% on all tours.

Payment can be made by cheque, money order, Visa, MasterCard, or Interac e-Transfer; any processing charges or fees are your responsibility.

PAYMENT SCHEDULE

A deposit to reserve your space on a tour is due at time of booking. The balance of your trip cost is due 90 days prior to departure. For your convenience, with your authorization, we automatically charge your credit card when the balance is due unless otherwise arranged.

PRICING

All tours which take place in Canada are priced and charged in Canadian dollars; tours to Chile, the Bahamas and Greenland are priced and charged in US dollars. Any foreign currency pricing is only approximate. It is your credit card company or bank who determines your exchange rate on the day your transaction takes place. Pricing is subject to change.

For all Canadian tours there is an additional 5% Goods and Services Tax (GST). Tours that take place outside of Canada are not taxed. Non-tour add-ons (equipment rentals, merchandise) must be charged both 5% GST and 7% PST. All tours are also subject to a non-taxed voluntary \$20 per person sustainability fee which is donated to research and conservation organizations that work in the areas where we operate.

CANCELLATION POLICY

Please understand that our trip dates and capacities are limited, and when we accept your reservation we may be turning others away from booking that trip. If you find it necessary to cancel your tour, please let us know as soon as possible. No refunds are given once tours have departed. Spirit of the West Adventures Ltd is not responsible for any additional costs that may arise in the event of a trip alteration or delay caused by circumstances beyond our control. To avoid confusion we require written notice of cancellation, by email or mail. The following fees will apply to cancellations and are calculated as of the date we receive your written cancellation notice, which can be sent by email, or standard mail.

Canadian Tours: If you must cancel your tour, your refund is as follows:
Earlier than 90 days before trip: Full amount is refunded less a \$150 administration fee.
89-30 days before trip: 50% of total tour price is refunded.*
Later than 30 days before trip: No refund will be given.*

International Tours: If you must cancel your tour, your refund is as follows:
Earlier than 90 days before trip: deposit is refunded less a \$250 administration fee and the guest is responsible for any costs incurred for cancelling any additional tours or travel arrangements. If we have had to turn customers away, the entire deposit is retained.

90-60 days before trip: 50% of total tour price is refunded.*
Less than 60 days before trip: No refund will be given.*

**If we can find someone to fill your space, you may be eligible for a partial refund.*

We strongly recommend that all guests **purchase travel insurance, including interruption, cancellation and medical coverage** to cover costs associated with your travel in case of unforeseen circumstances (travel insurance is mandatory for all Chile and Bahamas tours). Spirit of the West Adventures Ltd. is not responsible for ensuring the appropriate level or amount of coverage is purchased. Please contact your travel insurance provider to ensure you have appropriate coverage for your entire trip. If you use a credit card for payment for your tour expenses, you may have trip interruption insurance as part of your card benefits. This coverage, however, is often a limited dollar amount and does not usually include cancellation or medical coverage. Please check with your specific card provider to ensure you are adequately insured. Personal equipment, baggage and valuables (cameras, electronics, jewellery, etc.) are carried entirely at the owner's risk. Spirit of the West Adventures Ltd. is not responsible for lost, damaged or delayed property.

Spirit of the West Adventures Ltd. reserves the right to cancel any trip prior to departure for any reason whatsoever, including insufficient bookings, safety threats including natural disasters, political instability, terrorism or logistical problems that may impede trip operations.

If we have to cancel a tour due to insufficient bookings, you may choose between an alternate trip or a full refund. We will inform participants of cancellations due to insufficient bookings no later than 60 days prior to the tour. If the alternate trip chosen is of a lower value than the originally booked then you are entitled to a refund of the difference. If the alternate tour chosen is of a higher value then you will pay the difference in price.

If a tour has to be cancelled due to circumstances beyond our control, i.e. political instability, natural disasters, labour strikes etc., there will be no refund from Spirit of the West Adventures Ltd. Please contact your travel insurance provider for details on how to start a claim. Spirit of the West Adventures Ltd. is not responsible for expenses incurred by trip participants in preparing for a cancelled trip (for example non-refundable advance purchase plane tickets, visa fees, inoculations, equipment etc. or for any additional arrangements for other travel plans associated with this tour.) Spirit of the West will make every reasonable effort to contact you as soon as it appears that a trip may be cancelled.

TRIP PREPARATION

Once you've made your choice and sent in your deposit, we'll send you a detailed document that includes everything that you will need to pre

pare for your tour including an itinerary, packing list, transportation options, directions, meeting times and frequently asked questions. For international tour destinations, we include information about issues such as passports, visas, immunizations and currency exchange. All you need to bring is your passport, a sense of adventure, your clothing and personal items. Let us know if you're planning a birthday or anniversary trip. We'll pack a surprise!

DIETARY RESTRICTIONS AND ACCOMMODATIONS

We need to know as soon as possible about any dietary requirements we should consider when planning your trip menu. If you have food allergies or restrictions, we will do our best to accommodate your needs. However, people with severe food allergies may need to supply some or all of their own food as we can't entirely mitigate the risk of cross-contamination. Additionally, some specific needs can only be met if we charge you a supplemental menu fee to cover our increased costs.

Please note we are not a peanut- or nut-free facility. On Chile and Bahamas tours the availability of ingredients or restaurant kitchens outside of our control may limit the type of dietary accommodation we are able to offer.

Note: Pending a detailed discussion about a guest's specific dietary requirements, Spirit of the West Adventures may determine that a person with severe allergies is not suitable for our adventures due to the constraints of preparing food for groups of people in a wilderness setting.

MEDICAL AND RISK ACKNOWLEDGEMENT/ LIABILITY RELEASE FORMS

Each participant is required to fully fill out the [medical form and liability release form](#). Spirit of the West Adventures Ltd. must receive the medical information form at least 30 days prior to tour departure.

Please read and understand the liability waiver upon registration. You will be asked to sign the waiver in person on your arrival and before tour departure.

GUEST RESPONSIBILITY

Although no previous kayaking experience is required on our tours, as with any adventure there is always an element of risk. While our trips are not considered to be overly strenuous or physically demanding, we do require a moderate level of fitness and good general physical condition. If you have any physical limitations or concerns, please let us know. As we are not qualified to evaluate your level of fitness we ask that you (possibly along with your doctor) determine whether or not you are able to join one of our adventures. If you have any special medical conditions, we encourage you to check with your doctor before you reserve your trip. Please also note that all of our tours take place in remote areas and evacuations can take a great deal of time and can be expensive. Persons with various disabilities are welcome on Spirit of the West tours, pending a discussion of any special needs and requirements.

You must also acknowledge that travel with Spirit of the West Adventures Ltd. requires a degree of flexibility and understanding that the trip's route, itinerary, accommodation and modes of transport are subject to change without prior notice due to local circumstances. While traveling with Spirit of the West Adventures Ltd. you agree to accept the authority of the leader at all times. You need to be aware that group travel may involve compromise to accommodate the diverse desires and abilities of group members. We just ask that you welcome your adventure with an open mind and be able to laugh and have fun when encountering the unexpected. Spirit of the West is dedicated to providing safe, environmentally sensitive, well-organized, fun-filled adventures.

SPIRIT OF THE WEST ADVENTURES

Box 569, Heriot Bay, British Columbia, V0P 1H0, Canada
Toll free 1 800 307 3982, Overseas 1 250 285 2121
info@kayakingtours.com, kayakingtours.com

PASSPORTS AND VISAS

You must carry a valid passport and/or necessary documentation and have obtained the appropriate visas when travelling with Spirit of the West Adventures Ltd. Please ensure your passport is valid for 6 months beyond the duration of your trip. It is your responsibility to ensure that you are in possession of the correct visas for your travels. Spirit of the West Adventures Ltd. does not accept responsibility if you are refused entry to a country because you lack the correct documentation or the authorities deem you unsuitable for entry.

ACCOMMODATIONS ON TOUR

Spirit of the West Adventures Ltd. will do our best to make you comfortable and feel at home on your tour.

Canadian Tours: Keep in mind that our sea kayaking tours are a true wilderness experience that can involve camping in established and non-established sites with minimal facilities and rustic surroundings. This is all part of what we call an adventure! Tenting and lodging is generally based on double occupancy, however if you are traveling solo we do our best to provide you with your own tent or a suitable tent partner.

International Tours: Hotel portions of tours are based on double occupancy. If you prefer a single room there is an additional \$100 night single supplement charge. Availability of single rooms may be limited. Single accommodation on the mothership in Chile is not possible. All tenting is also based on double occupancy, however if you are travelling solo we do our best to provide you with your own tent or a suitable tent partner.

TIPPING

Gratuities are always appreciated. If you feel the guides and crew have done an exceptional job, tipping is a great way to show your appreciation. We also appreciate other expressions of thanks including cards, letters etc.

STORAGE OF PERSONAL AND FINANCIAL INFORMATION

Due to the nature of our services, it is necessary to collect and store a certain amount of personal and financial information. By providing us with address, personal and financial information, you consent to the storage of this information for a period of time deemed appropriate by Spirit of the West Adventures Ltd. Personal information includes, but is not limited to, your first name, last name, phone number, email address and billing address. Financial information includes, but is not limited to, your card account number, card expiration date and cardholder name. Spirit of the West Adventures Ltd. is PCI compliant and is committed to ensuring the safety of your information.

PRIVACY POLICY

Spirit of the West Adventures occasionally sends out an e-newsletter and occasionally area- or activity-specific news that we think you'll want to hear about. We will **never** sell or share your email address with any third-party company (unless it is for the purpose of coordinating trip logistics, for example booking airline tickets). You can unsubscribe at any time by emailing or clicking on the links in newsletters. See our [privacy policy](#) for more details.

PHOTOGRAPHIC RELEASE

Spirit of the West Adventures Ltd. reserves the right to take photographic or film records of any of its tours. Trip members should be aware that Spirit of the West Adventures Ltd. may use these photos or film for promotional and or commercial purposes without remuneration to the trip participants.

