



Tips For A Snorkeling Adventure In The Virgin Islands National Park

During your visit, you have the exciting opportunity to snorkel on a coral reef and discover the underwater world. This is a wonderland where plants and animals interact to form a living coral reef community.

If you start your adventure in Trunk Bay, be certain to follow the underwater trail starting from the north lifeguard stand. Markers along the trail provide information on corals and reef ecology.

St. John offers many exciting snorkeling spots. Beginners should confine themselves to bays with lifeguard services; Hawksnest Bay, Trunk Bay, and Cinnamon Bay. Advanced snorkelers may want to explore Leinster Bay, Haulover Bay, Salt Pond Bay, Lameshure Bay, or Reef Bay. To make sure your adventure is a safe one please follow these safety tips and ask a lifeguard or park ranger for information.



- Always swim and snorkel with a buddy. Take a friend for safety but also to share the discoveries and excitement of the underwater world.



- The cool water can be deceiving; prevent sunburn by wearing a T-shirt while snorkeling.
- Obtain instructions on use of snorkel equipment before setting out.
- Relax, do not over extend yourself while snorkeling.
- Secure your valuables before you enter the water. Possibly have a friend watch out for your belongings while you are in the water.



- While fish feeding may be a fun activity this causes the fish to be aggressive and nip at unsuspecting snorkelers. Please let the fish exist in their natural environment.



- Become familiar with but avoid touching the black sea urchins and fire coral.



- Corals are very fragile and usually will not support a person's weight. The surface of brain coral is also easily damaged by standing on it.

- The removal or defacing of coral and other forms of marine life is prohibited. Memories are the true treasures from your snorkeling adventure. Please leave the coral and other forms of marine life for future generations to enjoy.

TAKE ONLY PICTURES AND LEAVE ONLY BUBBLES

VIRGIN ISLANDS NATIONAL PARK

Soon you will be visiting Trunk Bay or possible other locations in the Virgin Islands National Park, United States Virgin Islands. The National Park serves to protect the natural and cultural resources of the islands and to preserve these West Indian treasures for future generations to enjoy.

CLIMATE

Nearly constant land and water temperatures allows year round snorkeling, sailing, sunbathing, and hiking.

MAJOR ATTRACTIONS

The Virgin Islands National Park offers scenic overlooks, historical ruins, living history demonstrations, an underwater trail, numerous day hiking trails, a museum, a visitor center, and miles of unspoiled beaches and coral reefs.

SNORKELING

In this region most coral reefs are of the fringing type. The coral starts growing on rocks along the shore and then grows towards the surface and seaward. This means easy access for visitors to shallow coral reefs where snorkeling can be enjoyed at its best.

Coral reef are based on the single coral polyp. Without the coral you would not find the vast assemblages of fishes and invertebrates. These animals use the coral reef for food, shelter, and reproduction. The large numbers and different species indicate a complex environment. Removal of coral reef residents or disturbance can drastically weaken the balance of life on the coral reef. We need your assistance. Please leave the reef undamaged.

ACCOMMODATIONS

There are a variety of facilities in and out of the park for food and lodging. For more information on the Virgin Islands National Park write to:

Superintendent
Virgin Islands National Park
P. O. Box 7789, Charlotte Amalie
St. Thomas, Virgin Islands 00801