

TRAVEL GUIDE

TELAMON TRAVEL

BVI

British Virgin Islands

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EDITION



Welcome to the British Virgin Islands

A place where the ocean glows turquoise, the breeze carries the scent of salt and sun, and each day unfolds with gentle rhythm and quiet luxury.

Made up of over 60 lush islands and cays, the British Virgin Islands offer an unmatched sense of seclusion and ease. This is a destination where the pace slows, the skies stretch wide, and the journey is often just as beautiful as the destination—especially when experienced by sail.

Whether you're island-hopping by private yacht, snorkeling in hidden coves, or simply swaying in a hammock with a rum cocktail in hand, the BVI invites you to exhale and truly unwind.

This guide is your curated companion to discovering the best of the British Virgin Islands—with insider tips, elegant touches, and everything you need to plan a seamless, soul-soothing escape.



AT A GLANCE

Capital: Road Town, Tortola

Language: English

Currency: U.S. Dollar (USD)

Time Zone: Atlantic Standard Time (UTC-4)

Visa Requirements: No visa required for U.S. citizens for stays under 30 days

Population: Approx. 30,000

Safety Index: Considered one of the safest Caribbean destinations

When to Visit the BVI

HIGH SEASON | DECEMBER - APRIL

Ideal for: Perfect weather, prime sailing, peak social energy

This is the most popular time to visit the BVI. Expect warm temperatures, clear skies, and calm seas—ideal for yacht charters, beach days, and resort stays. With more visitors, advanced booking is essential.

SHOULDER SEASON | MAY - JUNE & NOVEMBER

Ideal for: Fewer crowds, good weather, and relaxed rates

The shoulder months offer a beautiful balance—pleasant weather with fewer visitors. Many resorts offer promotions during this time, making it a favorite for couples or travelers seeking peace and value.

LOW SEASON | JULY - OCTOBER

Ideal for: Budget-friendly travel, quiet island time, lush landscapes

This is hurricane season in the Caribbean, but storms are not constant. If you're flexible and seeking deep calm, you'll find great deals and near-empty beaches. Just plan around weather forecasts and consider travel insurance.

Travel Tip: If you're planning a holiday escape during the high season, book at least 6–8 months in advance for the best villas, yachts, and flights.



Top 5 Experiences in the BVI

01. SAIL BETWEEN THE ISLANDS

The BVI is known as the sailing capital of the Caribbean—and for good reason. Whether aboard a private yacht, luxury catamaran, or elegant day charter, island-hopping by sea is the most breathtaking way to explore.

02. EXPLORE THE BATHS ON VIRGIN GORDA

Massive granite boulders form a maze of caves, tide pools, and shallow lagoons that look straight out of a dream. Wade through turquoise water and sunlight-dappled grottos—this natural wonder is a BVI must.

03. SNORKEL AT THE INDIANS OR NORMAN ISLAND

Discover coral gardens, sea turtles, and colorful schools of fish in the calm, clear waters surrounding these protected sites. Snorkeling in the BVI is easy, accessible, and world-class.

04. SIP A PAINKILLER AT SOGGY DOLLAR BAR

Famous for inventing the island's signature cocktail, this beach bar on Jost Van Dyke is only accessible by boat. Wade ashore and enjoy a laid-back afternoon with live music, white sand, and a drink in hand.

05. STAY ON A PRIVATE ISLAND RESORT

Elevate your escape with a stay on a private island like Guana, Necker, or Scrub Island—offering exclusive villas, spa treatments, and total seclusion with luxury service

Whether you want adventure, pampering, or both—I'll help you find the perfect blend, with every detail handled from arrival to departure.

EXPLORE BVI





More to Explore

Off the beaten path doesn't mean roughing it—it means discovering your own slice of paradise.

COOPER ISLAND

Home to an eco-luxury beach club, a craft rum bar, and a protected snorkel bay, Cooper Island is laid-back, beautiful, and sustainably run—perfect for a tranquil day trip or overnight charter stop.

ANEGADA

Flat, quiet, and ringed by white sand beaches, Anegada is known for its lobster, flamingos, and remote charm. Unlike the rest of the volcanic BVI, this coral island feels like another world.

SANDY SPIT & SANDY CAY

Tiny uninhabited islands near Jost Van Dyke, these postcard-perfect beaches are ideal for a private picnic, swimming, or simply floating in peace. Best accessed by boat.

TORTOLA'S SAGE MOUNTAIN NATIONAL PARK

Hike the rainforest trails of the BVI's highest point for panoramic island views and a cool, green contrast to the coast.

PIRATE'S BIGHT - NORMAN ISLAND

Legendary for inspiring *Treasure Island*, this peaceful anchorage features crystal waters, snorkeling caves, and a relaxed beach bar vibe—ideal for sunset swims and day sails.

Curated Tip: I'll help you build an itinerary that blends iconic stops with serene surprises—tailored to your pace, style, and vision.



The Art of Island Hopping

In the British Virgin Islands, the journey is the destination.

With over 60 islands and cays, the BVI is best explored by water. Each island reveals something unique—whether it's a quiet bay, a barefoot beach bar, or a private villa hidden in the hills. Island-hopping here is seamless, stunning, and as adventurous or relaxed as you'd like it to be.

HOW TO HOP

- **Private Yacht Charters** – Fully crewed, skippered, or bareboat for experienced sailors
- **Luxury Day Sails** – Ideal for travelers staying at resorts but wanting to explore nearby islands
- **Scheduled Ferries** – Efficient, scenic routes between Tortola, Virgin Gorda, Jost Van Dyke, and Anegada

SAMPLE ITINERARY

- **Day 1:** Arrive in Tortola, unwind at your villa or resort
- **Day 2:** Sail to Virgin Gorda for The Baths and a beachside lunch
- **Day 3:** Snorkel near Norman Island and overnight on anchor
- **Day 4:** Dock at Jost Van Dyke, sip a Painkiller at Soggy Dollar, dance barefoot under the stars
- **Day 5:** Return to Tortola or continue to a private island retreat

Curated Tip: I'll design a seamless island-hopping itinerary—whether by private charter or luxurious ferry connections—so every day feels like its own little discovery.

Cultural Etiquette and Smart Travel Tips

Island life is unhurried, warm, and gracious—your mindfulness helps preserve that magic.

DO

- **Greet with a smile and a “Good morning” or “Good afternoon.”** Politeness is expected and appreciated, even in casual settings.
- **Dress respectfully** when off the beach. Swimsuits are for the sand, not shops or restaurants.
- **Be patient.** Things move slower in the islands—relax into it.
- **Support local artisans and restaurants.** Many family-run businesses offer excellent service and authentic island charm.
- **Mind your anchor.** If sailing, always anchor in designated areas to protect coral reefs and sea grass beds.

DON'T

- **Rush.** Pushiness or impatience is seen as impolite. Embrace the slower pace.
- **Expect rigid schedules.** Ferries and charters are often flexible—plan with wiggle room.
- **Leave trash behind.** Eco-consciousness is a growing priority in the BVI.
- **Take photos of locals without permission.** Especially in quieter, residential areas.

Curated Tip: A kind word, a moment of patience, or a warm “thank you” opens doors across the islands—sometimes to places tourists never see.



A Taste of the BVI

Fresh flavors, coastal soul, and rum-soaked joy—one bite at a time.

The British Virgin Islands offer a culinary experience rooted in the sea, enriched by Caribbean heritage, and elevated by world-class chefs. Whether it's a beachfront fish fry or a private chef's tasting menu, every meal is a memory.

ISLAND STAPLES

- **Grilled Lobster:** Especially famous on Anegada—sweet, fresh, and simply prepared.
- **Johnny Cakes:** Golden-fried bread served warm alongside just about everything.
- **Fungi & Fish:** A beloved local dish featuring okra-based cornmeal with savory stewed fish.
- **Callaloo Soup:** A leafy, flavorful dish that speaks to the islands' Afro-Caribbean roots.

WHAT TO SIP

- **The Painkiller:** Rum, pineapple, orange, coconut, and nutmeg—born on Jost Van Dyke and best enjoyed beachside.
- **Bushwacker:** A creamy, chocolatey cocktail with a kick.
- **Rum Punch:** Found on nearly every menu, each bar has its own twist.
- **Craft Spirits:** Visit Callwood Rum Distillery—one of the oldest in the Caribbean—for a sip of history.

REFINED DINING EXPERIENCES

- **CocoMaya (Virgin Gorda):** Asian-Latin fusion on the beach, with unforgettable sunsets.
- **The Restaurant at Leverick Bay:** Elegant Caribbean fine dining with a wine list to match.
- **Sugar Mill Hotel (Tortola):** Historic, romantic, and refined.
- **Private Chefs & Yacht Dining:** Many villas and charters offer chef-prepared meals tailored to your tastes.



Wellness in the BVI

Breathe in the ocean air. Feel the sun on your skin. Let the islands restore you.

Wellness in the British Virgin Islands flows effortlessly from the landscape itself. This isn't a place you go to disconnect—it's where you naturally remember how to slow down and feel fully present.

OCEAN-CENTERED CALM

- **Morning yoga by the sea** or on your villa deck
- **Private sound baths or guided meditation** under palm trees
- **Floatation, snorkeling, or sea kayaking** for meditative movement in clear turquoise waters

ISLAND SPAS & WELLNESS RETREATS

- **Guana Island & Scrub Island Resort** both offer private spa experiences in tranquil settings
- **The Spa at Rosewood Little Dix Bay** is renowned for its cliffside location and holistic treatments
- In-villa massages, beachside facials, and wellness menus are widely available at luxury properties

NATURE AS MEDICINE

- Gentle hikes in Sage Mountain National Park
- Sunset swims in quiet bays
- Journaling on your terrace, or simply listening to the rhythm of the waves

Curated Tip: Interested in a wellness-focused escape? I'll craft a bespoke itinerary with nourishing meals, spa days, movement, and mindful moments—designed to help you feel renewed from the inside out.





Getting Around the BVI

Island time, effortless transitions, and scenic routes at every turn.

Getting around the British Virgin Islands is part of the experience—whether by boat, scenic road, or gentle ferry ride. With 60 islands and cays, travel is mostly by sea, with land transport on larger islands like Tortola and Virgin Gorda.

FERRIES & WATER TAXIS

The main mode of inter-island travel:

- **Scheduled ferries** run between Tortola, Virgin Gorda, Anegada, and Jost Van Dyke
- **Private water taxis** offer more flexibility and a seamless way to reach smaller islands or private resorts

LAND TRANSPORT

- **Taxis** are widely available on major islands—friendly, safe, and often scenic
- **Car rentals** are an option for exploring Tortola or Virgin Gorda independently
- **Driving is on the left**, and roads can be steep or winding—best for confident drivers

FLIGHTS & TRANSFERS

- Fly into **Terrance B. Lettsome International Airport (EIS)** on Tortola
- Short inter-island flights connect Tortola to Anegada
- Private charters are available for faster or more flexible arrivals

Curated Tip: I coordinate every transfer—from airport to resort to catamaran—so your journey feels as smooth and serene as the destination itself.



Packing Tips for a Seamless Escape

In the BVI, packing light is part of the luxury.

With sun, sand, and sea as your constant backdrop, comfort and ease should guide your suitcase. Here's what to bring for a beautiful, breezy stay.

ESSENTIALS

- Lightweight, breathable clothing – think linen, cotton, and relaxed island style
- Swimsuits & cover-ups – you'll live in them
- Flat sandals or flip-flops – heels aren't necessary, even at upscale resorts
- Sunhat, sunglasses & reef-safe sunscreen – a must for both style and protection
- Water shoes – helpful for rocky coves or climbing around The Baths

PRACTICAL EXTRAS

- Dry bag or waterproof pouch – for boat days and beach outings
- Bug spray – especially for evenings and nature trails
- Travel adapter – U.S. plugs are standard, but some private islands may vary
- Light sweater or wrap – breezy evenings or air-conditioned dining areas
- Reusable water bottle – ideal for boat excursions and hikes

FOR DINING & EVENINGS

- Resort-casual outfits – flowy dresses, polos, light slacks
- One elevated look – for a special dinner or private chef experience
- Packable tote or beach bag – for daily outings and boat trips

Curated Tip: Most luxury resorts provide beach towels, snorkeling gear, and spa robes —no need to overpack. I'll also let you know if your specific property has any unique dress codes or amenities.



Gratuities & Service Tips

In the British Virgin Islands, a little appreciation goes a long way.

While tipping isn't mandatory, it's customary—and genuinely appreciated across the islands. Many upscale hotels and restaurants include a service charge, but extra gestures for excellent service are always welcomed.

HOTELS & VILLAS

- Housekeeping: \$2–5 per day
- Bell staff: \$1–2 per bag
- Concierge or butler service: \$10–20 for outstanding support
- Villa staff (chefs, housekeepers, hosts): Consider tipping at the end of your stay, typically \$10–20 per person, per day

RESTAURANTS & BARS

- Full-service restaurants: 10–15% if a service charge is not already included
- Casual beach bars or cafés: Rounding up or leaving small cash tips is appreciated
- Bartenders: \$1–2 per drink, or 10% of the tab

DRIVERS, GUIDES & SPA STAFF

- Taxi drivers: Round up or tip 10%
- Boat captains or crew: \$10–20 per day for great service
- Tour guides: \$10–20 per person for full-day tours
- Spa therapists: \$5–10 per treatment if not already included

Curated Tip: Ask me ahead of time whether gratuity is built into your resort or yacht package—I'll make sure you're prepared without overpacking your wallet.

Travel Safety Overview

Peace of mind pairs perfectly with paradise.

The British Virgin Islands are widely regarded as one of the Caribbean's safest and most traveler-friendly destinations. Still, a few smart practices ensure your trip stays seamless from start to finish.

WHAT TO KNOW

- **Low crime rate:** Violent crime is extremely rare. Petty theft is uncommon but still worth guarding against in public areas.
- **Resorts and villas are secure:** Most properties are gated or staffed with security—especially on private islands.
- **Tap water:** Safe to drink at most resorts, but bottled water is widely available if preferred.
- **Healthcare:** Tortola has modern medical clinics; emergency evacuation insurance is recommended for remote island stays.
- **Emergency number:** Dial 999 or 911 for police, fire, or ambulance.

WEATHER AWARENESS

- Hurricane season runs **June to November**, with September typically being the most active.
- Advanced planning, travel insurance, and flexible dates are your best protection—I'll always help navigate this.

Curated Tip: I only work with trusted lodging, transfer, and excursion partners—so you can relax knowing every element of your trip is safe, reliable, and vetted with care.





Your Escape Awaits

Sun-warmed waters, barefoot elegance, and the freedom to truly exhale—this is the British Virgin Islands.

Whether you're dreaming of private island seclusion, sailing across turquoise horizons, or simply slowing down to the rhythm of the sea, the BVI delivers effortless luxury with heart. Let me help you plan a journey that's completely your own—seamless, soulful, and unforgettable.

- Laura -



Let's curate your dream
BVI escape.

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