

Special Scuba/Snorkeling/Sightseeing/Running-Camp on beautiful Caribbean Island

For some time, I've been considering organizing a very special trip to one of my favorite tropical islands. Bonaire NL in the Caribbean. As you probably know, I'm a certified scuba diver as well as a race runner. I've dived 600+ dives in the South Pacific, mostly, and several islands in the Caribbean. Bonaire is my favorite Caribbean island because there is a lot of nifty things to do there, in addition to scuba diving.

This trip is for active and energetic folks who want to do a lot of unusual and fascinating things. Don't expect to lounge around the beach, eat and drink. The emphasis will be on scuba diving and snorkeling. If you are not experienced in either, this trip will provide you the opportunity to learn about them with expert instruction by Carib Inn PADI certified instructors.

There are very good flights from Dulles [IAD] to Bonaire [BON] on Delta. Wednesdays seem to be the cheapest day of the week e.g. July 7 IAD to BON economy, 1 stop 7hrs total time, 8 days \$586 round-trip. [As I write this On 5/21/2021]

Between all of us, we'll need to rent enough trucks to seat everyone to visit the national park, the Park only allows trucks because of the roads. Also, you'll need to purchase a Bonaire National Park permit at the Carib Inn, \$45. It's good for a year and you'll need it for the park, scuba diving and snorkeling. It's also a good cause because it is Bonaire's main source of funds to support the marine and land parks. Trucks rent for about \$30-\$40/day. But, keep in mind, this will be shared by at least 2 and up to 4 of us.

Here is the official [Bonaire Tourist](#) webpage Spend some time and poke around it a bit.

Here is a [Map of Bonaire](#) this will give you an overview of the island. Note there are 41 Points of Interest and 20 beaches. As you can see, most of the action is on the west side, the leeward. Waves are modest and there are 20 beaches to choose from. The northern part is a national park Slagbaai; the terrain there is much like Arizona; but, with numerous birds and wild donkeys. There are generally a few hundred pink flamingos on the west side of the park.

Lac Bay, on the southeast, is a world-famous wind-surfing lagoon. It is wave-free, and flat water. I took my grandson there for a wind-surfing lesson. The main town is Kranlendijk, it's a relatively small town. We'll be staying at the Carib Inn just a few blocks south of town.

We'll be staying at the [Carib Inn](#). It's a very small resort, 11 rooms, with a small beach and swimming pool. Think of it as an apartment rather than a full-service resort. All rooms have a full kitchen. However, for those who like a resort-style buffet break and lunch, there is an upscale one just 1 block up the road. In general, we'll be paying about \$50/\$60 per person, per night, depending on how we pair up for rooms. Check the Carib Inn website [the link just above] for the various options.

Here is what I do when there: After checking in and unpacking, I get in my rental truck and go to the grocery store about a mile away and buy breakfast and lunch stuff to prepare in the room. Also, I buy some beer and maybe a bottle or two of wine. For lunch, about half the time I get a hamburger, or the like, at one of the nearby fast food shops. I go out for dinner at one of the local restaurants; in fact, there is a large, extremely good Chinese restaurant just 2 blocks up the road. There are numerous, very good seafood restaurants in town, within easy walking distance. Grocery and restaurant prices are slightly higher than in Reston.

There is a large abundance of activities you can choose to do, in no particular order. We'll do most things ad hoc and as the gang decides. And, I expect we'll break up on occasions as we like. e.g. some will take a scuba introduction course, some will go snorkeling, some to the beach, etc. at any time.

The [Carib Inn](#) activities

* Beach

* [Open Water Diver](#)

* **Discover Scuba Diving**

If you would like to see what SCUBA is all about, but are not quite ready to commit to the time and expense of a full certification course, the Introduction to Diving is perfect for you. With this one-day course, the Carib Inn gives you a safe and fun introduction to SCUBA diving. In the morning you view a short video in our classroom, a session in confined water and then a dive on our house reef. In the afternoon you and your instructor will do an open water dive from our boat at one of the beautiful Marine Park sites. Discover Diving ½ day \$80. Full day, including boat dive \$130

* **Water sports store** NOTE: You will be able to buy or rent everything you'll need to snorkel or scuba dive here at a very low price. Mask, snorkel and fins

Running: At about 7 am, I generally go south from Carib Inn, out and back for about an hour. It's very safe to run on the side of the road here.

If folks would like, I'll conduct a mini running camp. We'll cover running-economy principles in some depth and measure everyone's vVO2max. I believe we will be able to use a local track for this. I expect to see everyone's vVO2max improve in just one week. We'll also work on everyone's running form and cover any other subject the folks would like.

Snorkeling: There are over 20 good sites all of which can be easily reached by car. See the [Map](#). Carib Inn will advise us as to which ones are best at the time. In fact, snorkeling right off Carib Inn's beach is pretty good.

Sightseeing:

Walk around Kranlendijk; it's a great walk along the waterfront. In the evenings, I generally walk along the waterfront and check out the seafood restaurants for dinner.

Rent a scooter [There's a rental shop 3 blocks down the road] or take your truck and travel the southern loop. Look at the [Map](#) Tour the salt condenser basins and watch the pink flamingos. Visit the slave huts, watch para-gliders, and visit the lighthouse. Proceed on around the loop to Lac Bay and the beach shack [I forget the name; but, it's world renown]. Have a beer and lunch and watch the wind-surfers. Lac Bay is a very neat place. Go on around the loop and it takes you back to Kranlendijk and the Carib Inn. **Incidentally**, I don't recommend renting a bicycle. It's a waste of time. e.g. Traveling from Carib Inn to the salt pans is about 20 miles round trip and it's boring most of the way. And, you'll likely want to go on around the southern end of the island anyhow, which is too far in the sun.

The grand tour: The Bonaire National Park. This a mostly an all-day trip. Look at the [Map](#). Most of the park road is dirt and gravel. You're going to head east to the coast and then travel north. There are several lookouts to see the waves crashing on the cliffs. Then continue north into the park. You'll need to show your Park Pass. The road makes a curve around to the west. There are several nifty places to stop and swim and snorkel. Go on to Boka Slagbaai. This a great place for snorkeling and to have a picnic lunch. There is a super 60-foot cliff you can jump off into the ocean. You likely will see several folks jumping. There are 2 or 3 lakes here with dozens of pink flamingos. The park has wild donkeys and desert birds.

I could go on indefinitely; but, you should have a good idea by now.

Please ask about anything....

Email me rider@ridesite.org and tell me:

- Very interested
- Somewhat interested
- Most interested in snorkeling
- Most likely will what to do the Introduction to Diving
- Will likely want to be Scuba Diving certified.
- No interest or can't go in July.