

DEC-FEB • 2022/23

vol. 6 issue 2

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VIEQUES

insider

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Once in a lifetime, **EL CERRO** - The Ultimate Caribbean Retreat perched on a hilltop with Expansive Caribbean Views is now being offered for sale. This unique hilltop property comprises thirty acres and includes

three different homes. Each allows solitude from the others yet they are connected by the privacy experienced within the confines of the fenced estate. The property comprises eight bedrooms and nine bathrooms and includes a beautiful swimming pool and sauna. The convenient access is from the nearby Esperanza Village and accessed via electronic control and boasts a haven of privacy and unparalleled views of the Caribbean.. **\$6,000,000**
<https://bravosboyz.com/property/el-cerro-the-ultimate-caribbean-retreat/>

VILLA VELERO sits perched on Vieques Island's North shore and across the street from a favorite beach. Hear the waves rolling in and smell the salty ocean from one of three balconies or while lying in bed. Located in the newer area of Villa Borinquen, only 5 minutes from downtown Isabel Segunda and well-loved Playa Bastimento just across the street this home is perfectly located. Whether Villa Velero is your very own beach house or you are looking for a successful vacation rental, all the elements are here. Sweeping and unobstructed views, high-quality construction and a beautiful piece of land this one is a must see.



CASA KASANDRA is a titled two bedroom and two-bathroom home nestled on a landscaped nearly two-acre lot in the center of Vieques island in Barrio Lujan. The home is ideally located a few hundred yards from the entrance to the Fish and Wildlife Preserve with thousands of acres of recreational land and many of Vieques' famous beaches. It is a 5-minute drive to Isabel Segunda, 10 minutes to Esperanza, 1 minute to the Preserve. Casa Kasandra has been immaculately cared for with recent upgrades made. The house comes



comfortably furnished with some of the artwork remaining with the home as well as a fully equipped kitchen with all appliances, laundry room with washer and dryer, an outdoor grill area and some beach gear. The house is completely air-conditioned if desired or open all windows to catch the Trade Winds.



Coral Reef by Siddhia Hutchinson



Bougainvillea by Tamara Amoroso



Trophy Rooster by Glen Wielgus

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Mermaid by Roxanna Jordan



Jewelry by UNO de 50



Vieques, North Coast by Glen Wielgus

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Fishing Charter

Going with a local operator

It all boils down to how intimate you would like your vacation to be? When you tour with a local, it will always give an edge to your vacation over operators that are not from Vieques. A local operator has a certain pride and passion for showing off the islands' treasures as well as educating in ways to protect them. You also help support the local economy and generations of Viequesens on the island.

#StaySalty

What is a Salty Spirit?

Trying to include everyone from the crew in one name is how Salty Spirit was born. From surfers, to captains, tour guides, free-divers, scuba divers, fishermen, and even beach bums. Locals who found a way to integrate what they enjoy doing on their free time to calling it "work". Therefore, when you go on any trip, be prepared to enter their world and be taken to the best sites of the island. You will enter the world of a Salty Spirit!

Bio Bay Tour



Snorkeling Tour

Real reviews from



Happy to learn that Salty Spirit is owned by locals.

Taught us a lot about the types of animals and flora that exist on Vieques.

This is a company that cares about sustainability and giving back to the local community.



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STEPPING STONES

I used to travel with a backpack and a book. Nothing was planned except possibly the next town. Lagos, Rome, Sienna, Bruges were marks on the map, but it was all the little unexpected experiences in between that would keep me hopping off the train or bus without a plan or lodging for the night. Arriving at a transit station, I would head to my salvation, a first stepping stone in uncharted territory, the public telephone booth. Dangling from a chain in the booth was

always a thick black binder housing a tattered phone book and yellow pages. I was always hopeful that the backpacker before me had been considerate and not torn out the yellow page with the HOSTELS listed. Otherwise, my night's lodging would be MUCH harder to find.

This Vieques Insider issue provides a path of stepping stones for readers in an unchartered territory. Where to stay, dine, play, shop, move, stretch and gallop; it's all in here. Set and drift, as the captains say, is entirely up to you. (I always found it best to go with the flow). You might find yourself in a Zumba class led by a local veteran, dining in a historic building on the Plaza, dancing on a rooftop at sunset, galloping on a black sand beach or lounging in a beach chair with absolutely nowhere else to be. Use this guide to plot a course, but let yourself be commandeered down an unexpected path or diverted to the discovery of that perfect eddy, circulating in place for a while. And enjoy all that Vieques has to offer!

Kelly Thompson

¿Tienes una historia para compartir? ¡Vieques Insider te necesita!

Comuníquese con nosotros si tiene ideas para una historia, le gustaría escribir, está dispuesto a entrevistar a personalidades de Vieques o desea compartir conocimientos sobre su hogar.

Do you have a story to share? Vieques Insider needs you!

Contact us if you have story ideas, would like to write, are willing to interview Vieques personalities or want to share knowledge about your home.

Oops. We may have missed something!

If it was you, we are truly sorry. If a phone number needs correcting or there is information that could help make our publication more informative, please let us know! Contact kelly@viequesinsider.com.

[VIEQUES] insider

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Cover Model

Eira Rodriguez is a 26 year old Viequense who moved to Puerto Rico to study administration at the University and work in San Juan. During the pandemic Eira decided to move back to Vieques the island that she loves. Find her at Rising Roost to say hello!

Cover Photography Daniel Fernández

www.dfernandezcine.com





dream a little.

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PROPERTIES

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LINDA QUINN

toc



co-qui!

THE GENUS NAME FOR THE COQUI FROG, *ELEUTHERODACTYLIS*, TRANSLATES FROM THE LATINIZED GREEK FOR “FREE TOES” ALLUDING TO THE FACT THE TOES ARE UNWEBBED.

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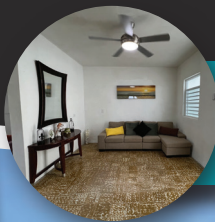
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species of tiny tree frogs

belong to the genus *Eleutherodactylis*, but only one (*E. coqui*) is considered the “true” coqui.



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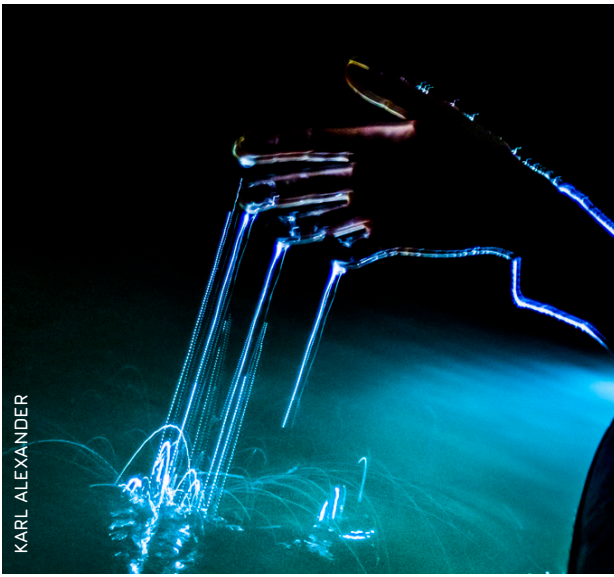


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VILLA BORINQUEN 3 BEDROOM VILLA WITH VIEWS



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The amazing island of Vieques packs a lot of beauty into a little space. Only twenty miles from east to west and four miles from north to south, Vieques offers so much more than we could pack into this magazine. Spectacular beaches are at every turn, each one providing a unique experience. Our BioBay, the brightest in the world, is an experience that will stay with you a lifetime and should not to be missed if you are visiting. From casual cafés to elegant fine dining, Vieques teems with fantastic restaurants. Horses roam the island and the roosters remind us (sometimes a bit too early in the morning) that nature reigns supreme. When visiting, remember that Vieques is off the beaten path but there is much to discover. What you won't find here is a world of convenience. This issue of Vieques Insider aims to help you discover all that Vieques offers to make your vacation spectacular. We have included our advertisers in the guide listings. Find a more complete listing and more information at www.viequesinsider.com

Please note that most beaches and beach areas are nature in the raw and unsupervised. We encourage you to choose your activities and locations carefully with safety always in mind. We highly recommend using licensed tour and activity guides familiar with the island and particular activities, i.e. paddleboarding, snorkeling, Biobay trips, scuba, sailing, horseback riding, etc. Please use good judgment, be safe and enjoy your time on Vieques. Please visit our website www.viequesinsider.com for more information. We encourage you to contact us with some of your own island wisdom. We look forward to hearing from you.

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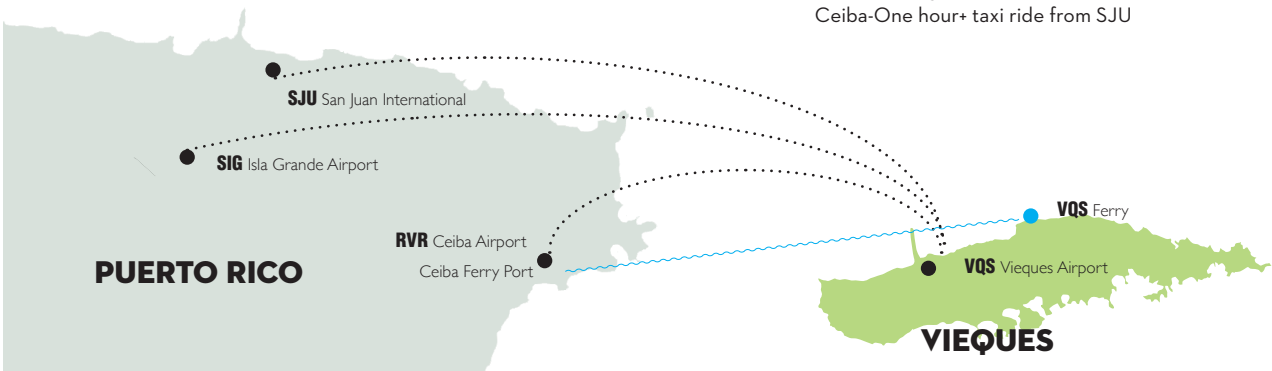
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✈ Fly from Ceiba Airport (RVR) to VQS

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✈ Charter Flights to Vieques

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🚗 Ferry from Ceiba to Vieques

Requires 1 hour 15 min taxi ride from San Juan International (SJU) to Ceiba (approx. \$100) Ferry ticket \$2 or you can purchase two days ahead of time on www.puertoricoferry.com with additional fees for luggage. There are additional charges for carry on items such as coolers, surfboards, beach chairs, etc. Be prepared to wait or possibly be bumped if ferry is full! Vieques residents are seated first. [It is not uncommon for the ferry to be late] www.puertoricoferry.com

🚗 **Publico Vans** are located outside baggage claim at SJU and can seat up to 10-12 people. They are managed by Puerto Rico Tourism and you will be supplied an invoice for your trip before getting in the van. Tips are accepted.

INSIDER RECOMMENDATION: The ferry is used by Vieques residents to go to school, doctors appointments, shopping, work and to visit family. During high tourism season the ferry can fill up fast and residents get first boarding priority. If you don't want to chance being left at the ferry dock waiting hours for the next ferry or possibly even overnight, book a flight from one of the three airports!

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▶ Vieques Air Link

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MARINE TRAFFIC APP

displays near real-time positions of ships and ferries worldwide. Check if the ferry has left Fajardo or Vieques and where it is en route!

- ▶ **Take warm clothes on the ferry!** It's very cold when the AC is on.
- ▶ **Car rentals on Vieques have closing hours!** If you arrive after closing time make prior arrangements with the company to receive your car.
- ▶ **See page 36** for a list of publicos on Vieques.

INSIDER TIPS

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>> GOOD TO KNOW

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 YELLOW CURB = NO PARKING

RESERVE EARLY!

▶ PUBLICOS/PUBLICOS/TAXIS:

Publicos are marked with the letters TC for transportacion colectiva (Collective Transportation) meaning that they can pick up other passengers along the route. Look for a van with wording on the side or windshield.



▶ CAR/SCOOTER/UTV/GOLF CART RENTAL:

There are many rental car companies all within the same price range. Most offer Jeeps or SUVs to get you to the most remote beaches, but just because it's 4wd doesn't mean you can't get stuck. Vieques has some world class potholes that are surprisingly deep. When parking at the beach don't leave valuables in the car and leave the car unlocked. At



Sunbay do not park on the ocean side of the road, only in the grass on the opposite side. When returning

cars you will be charged for wet seats so think twice about leaving the top off the jeep. Make sure you rent from a licensed car rental company. Book early!

▶ BIKE RENTAL:

Bikes can be rented by the hour or day. If you plan on using a bike as transportation make sure you research mileage on Google maps. Also, be aware that most beach roads are dirt, gravel or sand with some steep inclines. Hot, dusty roads; always have water!



INSIDER TIPS

FIX A FLAT

Pick one of these up at any convenience store or gas station on the island and save yourself a lot of trouble. Just connect to your flat tire, inflate and go! It will only seal temporarily so call your rental company for directions on where to go to get it fixed.



A TWIST OR A TAP

If your car won't start when leaving the beach, before panicking, first check your battery cable connections. On rough roads they tend to bounce and loosen. Tighten them up, give them a tap and try again!

GETTING YOUR BEARINGS

SOUTH SIDE ESPERANZA

Esperanza, on the southern coast, boasts the deep aqua and crystal clear waters of the Caribbean Sea, gently lapping along a picturesque walkway known as the Malecón. Esperanza offers a walkable array of restaurants, museums, stores, piers, boating and social interaction. Sundays are full of music, dominos, and libations. Extend your pleasure east or west along the Caribbean shore to discover art, black sand, road-side food experiences and an endless string of unique beaches so visually outrageous you'll be at a loss for words and pictures.



NORTH SIDE ISABEL II

Bordered by the wavy blue of the Atlantic, the north side offers a loosely organized configuration of main and side streets, churches, stores, bars, restaurants, shops and municipal offices, all loosely draped around the Plaza, a community square for great gatherings all year round. Charming and colorful, Isabel II ("town" or "el pueblo" to the residents) is named after the first reigning female monarch of Spain. Sitting like a decorated cake high above the town is the Fortin Conde de Mirasol, the last Spanish fort built in the Americas.



INSIDER TIP
 GOLF CART TURN SIGNALS WON'T AUTOMATICALLY TURN OFF! MAKE A MENTAL NOTE- TURN IT OFF!

TRANSPORTATION GUIDE

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Fun Brothers	787-435-9337		●	●				●	●	●	.funbrothers-vieques.com
Island Jeep Rental	787-741-0190	●									islandjeeprental.com
Maritza's Car Rental	787-741-0078	●									maritzascarrental.com
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Vieques Car Rental	787-412-8540	●	●								viequescarrental.com
Vieques Tours and Transportation	787-397-2048				●	●	●				Vieques Island Tours and Transportation

A LIST OF PUBLICO AND TAXI NUMBERS CAN BE FOUND ON PAGE 39.

VIEQUES BEACHES

Download the Vieques Insider Beach Guide at www.viequesinsider.com

For information on hiking trails visit: www.fws.gov/refuge/vieques
<https://www.ticatove.org/vqs-hiking-trails>



SOUTH SHORE BEACHES

SUNBAY Accessible by the gated entrance off 997, Sunbay is a one mile stretch of beach. Sunbay has lifeguards and bathhouse. The entrance is 5 miles from Isabel II and 0.7 miles from Esperanza (the Malecon). There is an entrance fee of \$2-\$4 depending on time of year.

MEDIA LUNA Enter the gated entrance off 997 at Sunbay. Follow the dirt road at the end of Sunbay and travel 0.6 more miles to Media Luna. Great for small children, Media Luna is shallow. You can walk 30 ft out into the water and still be in waist deep water. Also, for a free "spa experience," enjoy an exfoliation from the silky, fine sand.



NAVIO Follow directions to Media Luna but pass Media Luna and take a left at the sign and go another 0.3 miles. The road is extremely rough and 4wd is sometimes required but you can also park at Media Luna and walk to Navío. Go into the cave on the left side of the beach (if facing the water) for an excellent photo spot! There's good surf so bring your boogie board!

ESPERANZA BEACH To the east and west of the fishing piers in Esperanza.

PLAYA NEGRA (BLACK SAND BEACH) Leave Esperanza on 996 going west. Come to T (201) and take left. Drive 0.1 mile and there will be a guard rail and small pull off on your left. Park here. [It is easier to turn around if you drive 100 feet more to Gallery Galleon and turn around in drive just past entrance to Gallery.] Walk down the path to the dried stream bed and follow to the right. It is about a 20 minute walk to the beach. If it has rained, stream bed will actually be a small stream. Bring bug spray and water.

VIEQUES NATIONAL WILDLIFE REFUGE*

CARACAS* From 997, turn into the Vieques National Wildlife Refuge at Km Marker 3.2. Go 2.6 miles to a sign for Caracas. Turn right and go .7 more miles. Little shade except for picnic gazebos in the grass area. Watch out for the sand-burs! Be very careful where you step when you are in the grassy area and kids should wear their shoes down to the sand (or water's edge). Note: Only park in the parking lot, and not in the entire cul-de-sac at the very end, to avoid fines. It is only for emergency vehicle turn around



PLAYUELA* From 997, turn into the Wildlife Refuge at Km Marker 3.2. Go 2.6 miles to the brown sign for Caracas. Turn right and go .6 mile to brown sign for Playuela and Tres Palmitas. Turn right and drive .1 mile to parking area for the Playuela Trail. Walk 10 min on a shaded trail and you're there!

PATA PRIETA* From 997, turn into the Wildlife Refuge at Km Marker 3.2 and go aprox 2 miles. Pass turn to Caracas and continue straight on dirt road for aprox 1 mile and turn right at Pata Prieta sign. After 0.2 miles, follow the road to the right to a small parking area with sign. Walk down the (slippery) gravel path to the left of the sign to the beach. Rough road so 4wd is recommended. Bring a beach umbrella as there is little shade!

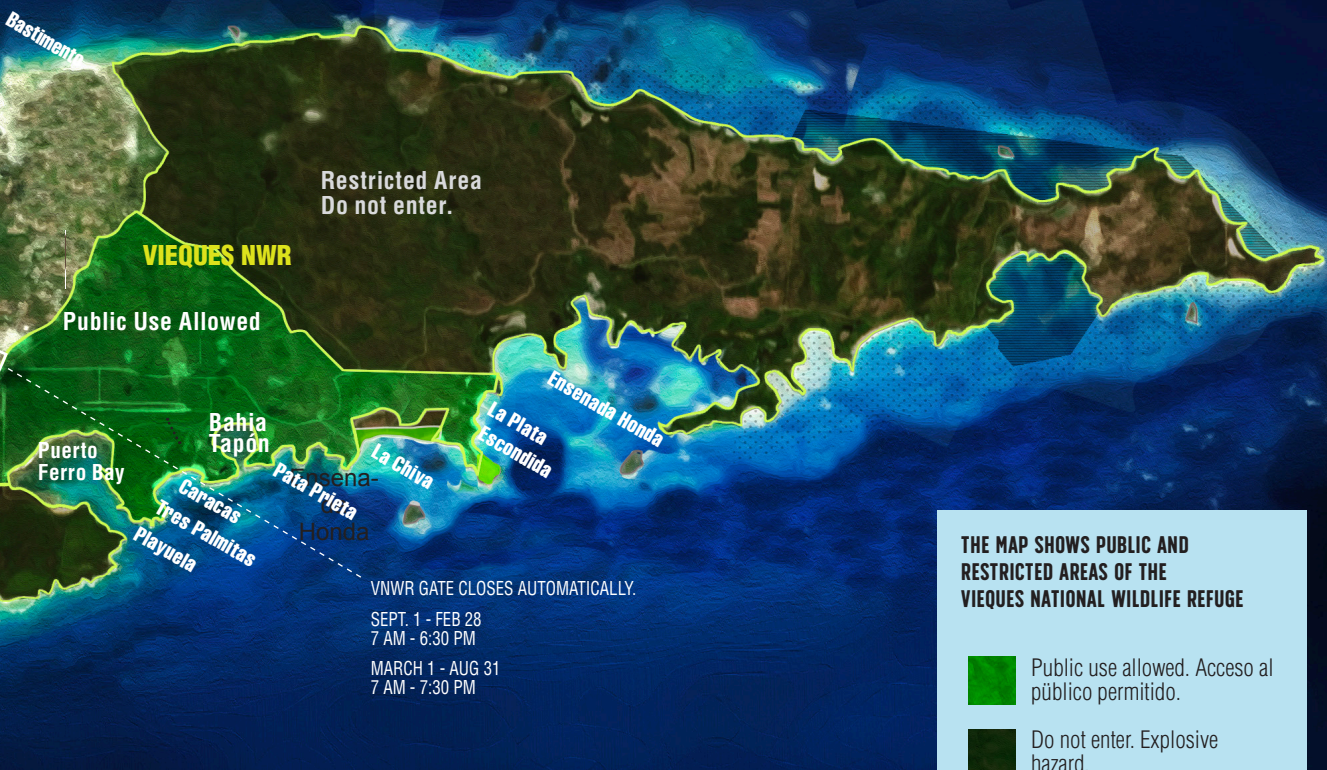
LA CHIVA* From 997, turn into the Wildlife Refuge at Km Marker 3.2 and go aprox 2 miles to the end of the paved road. Pass the sign for Caracas and continue straight on the dirt road. La Chiva has numbered spots #1-20. At marker #12 the road splits so stay right if you want to explore La Chiva spots #16-21. There are composting toilets at #3 & #12.

LA PLATA* Follow directions to La Chiva but when road splits take left and go 0.5 miles to reach La Plata. Parking lots/entrances are from #21-26. La Platita is the natural boat ramp at the end of the road.






ON THE WEST SIDE

PLAYA GRANDE* Leave Esperanza on 996 going west and come to a T (rt. 201). Take a left. Go 1 mile to where the road dead ends and take a left. Follow road to the bottom of the hill, where you will be entering the southwest area of the Wildlife Refuge. Take a right onto dirt road to find a beach spot. Great beach for walking. Playa Grande is a turtle nesting beach so be sure to keep dogs on a leash and watch out for roped off nests. If you follow the dirt road west, you will

PREVAILING WINDS:
 WINTER - EAST TO NORTHEAST
 SUMMER - SOUTHEAST



THE MAP SHOWS PUBLIC AND RESTRICTED AREAS OF THE VIEQUES NATIONAL WILDLIFE REFUGE

-  Public use allowed. Acceso al público permitido.
-  Do not enter. Explosive hazard.
-  No entry. Peligro de explosión.
-  Mariners prohibited from entering this area. Se prohíbe a los navegantes entrar a esta área
-  Mariners are prohibited from anchoring, dredging, or trawling in this area. Se prohíbe a los navegantes anclar, dragar o la pesca de arrastre en esta área.

run into the rugged Punta Vaca beach area. Good for hiking and nature exploration, but not safe for swimming.

PUNTA ARENAS* Follow directions to Rompeolas on the north shore but go past turn for pier and drive approximately 2 miles. You will come to a sign that says you are entering northwest area of the Wildlife Refuge. Drive 1 mile and come to a T / there are spots to the left and to the right with the best snorkeling to your left. Make sure to bring water and bug spray. No-see-ums come out in the late afternoon.

NORTH SHORE BEACHES

SEA GLASS BEACH Drive into Isabel II on 200 and make a left onto main street (Calle Muñoz Rivera). Almost at the end of the street you will see an intersection with a church on your right. Make a left here and at the next intersection make a right. Park on the street (not in the yellow!) and walk to the left of the gazebo down a path to the beach.

LA CHATA Drive by the ferry on your left and go up the steep hill to the right of El Yaté Bar. Go by the lighthouse on your left and take the next right down a steep little hill. Curve to your left and follow along this shoreline road. Pass La Lanchita on left and drive approximately 0.35 miles to a left turn onto a small dirt drive with two palms and large rocks at the end. La Chata! Keep your

eyes open for sea glass. Don't be surprised if you are swimming with horses! Many people come here to exercise them.

EL GALLITO Pass the W on 200 going west and look for a parking area and short peninsula on your right. The beach is on the right. Great place to be at sunset!

EL PARQUE CEIBA Go west on 201 approximately 1 mile past the airport and follow the sharp curve to the right. Go down a small hill and the Ceiba tree is on your right. Enjoy the Ceiba tree without climbing, marking or damaging the roots.

ROMPEOLAS Follow directions to the Ceiba tree but pass the Ceiba and continue on the main road to the left. Take the next right at the empty concrete structure with parking lot and this road will take you to the pier. Rompeolas pier is 1 mile long so it is great for beginning joggers or walkers! Great snorkeling on the left side of the pier but go with a guide. Twice a day the cargo barge docks at Rompeolas so you will find traffic in the early morning and late evening.

BLAYDIN BEACH OR MOSQUITO BEACH Follow directions to the pier but right before going out onto the pier there is a small sandy road to the left that leads to a shallow beach. There are lots of starfish here so be very careful where you step!

No-see-ums = sandflies that come out at sunset and they bite!

Vieques has the highest number of public beaches of all the municipalities in Puerto Rico. Beaches are in protected areas and are safe. Stay in the designated public areas. Never enter restricted areas that are marked with extensive signage.

Practice 3Rs
 Recognize, Retreat, Report
Practiques las 3Rs
 Reconozca, Retroceda, Reporte



Cell Service at the Beach If you hire a publico to take you to the beaches remember to arrange a pick up time before they drive off because cell service may not be available.

FINCA VICTORIA

Ayurvedic Hotel, Spa and Detox Center



Our beautiful Ayurvedic Boutique Hotel sits in the heart of the tropical mountains in El Pílon neighborhood.

Yoga

We offer yoga classes at 8am every morning overlooking the luscious gardens. We provide mats and blocks. Our classes are vigorous vinyasa sequences that will leave you centered and energized the rest of the day. Classes are \$15 and include coffee and fresh infusions.

Boutique Local Store

In the heart of the lobby, which we call the Pavilion you will find an extensive collection of local artists, designers and artisans from all over the island of Puerto Rico. Our store opens from 8am-7pm every day. As you shop you can enjoy complementary refreshments made in house.

The Wellness Center

Our Wellness Center is nestled in rustling bamboo surrounded by lush greenery, encouraging you to drop in deeper and connect with yourself in nature. We invite you to restore your sense of calm and groundedness while reestablishing your original state of balance as we approach the fall and winter months.

Detox Packages

The Ayurvedic Detox package is perfect for those looking to cleanse and restore their body, mind, and spirit. The program will help release stored toxins and bring back the body's innate healing ability. This purification process will guide the body to restore digestive energies, and boost metabolism, awakening your body's capacity for renewal and self-regulation. These are deep purification processes that will revitalise your whole system. You have a choice between 7, 10, 14 or 21 day packages. All detox packages are available for outside guests.

Send us an email to wellness@lafinca.com to book your treatments.

Vegan Meal Bar & Bakery

We offer daily made fresh vegan meals and baked goods to take. Ideal for a picnic, a snack and also for a full meal.

Vegan Dinner Series

We have become well known for turning our communal house into a pop up restaurant with candlelights and loungey playlists every Friday night. We welcome friends, locals and guests to join in this precious event where we serve a four course plant-based meal created by our collaborator chefs. If you want to see the menu for this week check out our IG page: @finca_victoria. Want to make your reservation? Send us an email to info@lafinca.com



HIX ISLAND HOUSE



EL BLOK



FINCA VICTORIA

When looking for accommodations on Vieques there is no shortage of variety, comfort and style. From eclectic guesthouses, luxury villas, fantastic guesthouses and airbnbs, Vieques almost has it all. What you won't find? Chain hotels or all-inclusive resorts are not a part of our accommodation offerings. What you will find are incredible places with amazing hosts. Manage your expectations by booking far in advance and asking the right questions. Communication is key to know what amenities and services are offered.

WHERE TO STAY

ACCOMODATIONS GUIDE

VIEQUES INSIDER ADVERTISERS



AT THE WAVES
 atthewavesvieques@gmail.com
 www.atthewaves.com

BANANAS
 787-354-0020
 bananavieques.com

BLUE HORIZON BOUTIQUE RESORT
 787-741-3318
 www.visittheblue.com
 reservations@bluehorizonboutiquerest.com

CASA CERROMAR
 804-306-3423
 lanesanson@gmail.com

CASA COQUI VERDE
 787-477-5182
 AIRBNB CASA COQUI VERDE

CASA CORONA
 www.vieques.properties.com
 info@vieques.properties.com

CASA DE AMISTAD
 787-247-1017
 www.casadeamistad.com

CASA DE COLORES
 443-961-5242
 www.casadecoloresvieques.com

CASA IGUANA
 802-683-6474

CASA LA LANCHITA
 845-891-1502
 www.casalanchita.com

CASA TESORO
 www.vieques.properties.com
 info@vieques.properties.com

CRAB ISLAND ADVENTURES
 787-608-8983
 www.mycrabislandadventures.com

EL BLOK
 787-741-6020
 www.elblok.com
 reserve@elblok.com

ENCANTADA
 EncantadaVieques@gmail.com
 www.encantadavieques.com
 Airbnb & Vrbo

FINCA VICTORIA
 www.lafinca.com

HACIENDA TAMARINDO
 787-741-8525
 www.haciendatamarindo.com

HIX ISLAND HOUSE
 787-435-4590
 www.hixislandhouse.com

LAZY GUESTHOUSE
 787-741-5555
 www.lazyguesthouse.com

MALECON HOUSE
 939-239-7113
 www.maleconhouse.com
 info@maleconhouse.com

MARTINEAU BELLE PLAYA
 www.luxuryvillavieques.com
 Rene - 787-409-3057

OLD CROW HOTEL & SUITES
 787-741-0011
 WWW.OLDCROWHOTEL.COM

ORITA
 510-682-3064
 AIRBNB-ORITA

SEAGATE HOTEL AND HORSEBACK RIDING
 201-450-8238
 787-741-4661
 facebook.seagatehotel

TRADEWINDS
 787-710-7440
 www.tradewindsvieques.com

THE VIEQUES GUESTHOUSE IN ESPERANZA
 787-435-1513
 www.viequesgh.com

VILLA DOS PALMAS
 802-272-0704
 www.villadospalmas.net



BLUE HORIZON



CASA LA LANCHITA

CAMPING

➤ **SUNBAY** - Camp sites at Sunbay National Park include a view of the ocean and a mile stretch of sandy beach and turquoise water. The unfenced field to the right of the Sun-Bay administrative building (as you face the shore) is the designated area to pitch tents. Camping is \$10.00 per night and check-in/out is coordinated through the Reserve Manager or other staff. There are open outdoor showers and a public bathroom, but bring your own supplies and paper products. Currently, the fencing for the camping area is partially down, so horses roam in. Check in at the Administrative Office at Sunbay or try calling the municipal offices at 787-741-5000.

TRADITIONAL FOOD for the holidays



TEMBLEQUE BY SCOTT APPELL

The Oxford Companion to Food describes custard as “a mixture of milk and eggs thickened by gentle heating”. Although accurate for most custard, there are completely dairy-free desserts called “custard” produced by cooks from various cultures in Asia, the Mediterranean, Italy and Mexico. On Vieques, one such custard is called *tembleque*, a heated and stirred coconut custard. A mixture of coconut milk (not a true dairy milk), cornstarch and sugar with a pinch of salt, it is rigorously whisked on a stovetop until thickened. The Spanish name refers to its wiggly, jittery consistency when it is cooled and removed from the mold. Enhanced with a sprinkling of ground cinnamon it is delicious. Watch for it on local menus. *¡Buen provecho!*

LECHÓN is the name for roast pig that has been cooked long and slow, in many cases overnight. Lechón is to Christmas in Vieques what turkey is to Thanksgiving in the States. The recipe is a simple one: pigs are covered in a marinade of salt, pepper, oregano and “sazón” - a local seasoning made from paprika, coriander, cumin, oregano, and garlic. They are then roasted on a spit in a giant concrete propane oven, then finished over charcoal to give the meat that old-fashioned flavour. Because of the slow cook the juices stay intact, helping to keep the meat moist and tender. Outside exposure to the coals makes the skin brown and crackly, as unique a treat as the meat itself. Find Lechón at **Don Tito's Lechónera** on Calle Patricio Tito Maldonado where you will find Papo Maldonado roasting up to 13 pigs only on Fridays or holidays for customer pick up on Sat. morning. Make sure you place your order by Wed. for the following Sat. (787-741-2898).



try something **new...**



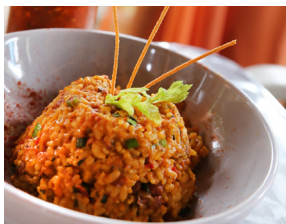
PASTELES

Pasteles are sometimes described as Puerto Rican tamales, but made with root vegetables instead of corn. Making them is labor intensive work, traditionally done during the holiday season. Fortunately, many restaurants here on Vieques serve pasteles around the holidays.



CONCH

Conch can be served many ways but don't miss the way that Biekas Bistro does it. Cooked in a rich, creamy curry base and with tostones, deep fried plantain or breadfruit. Be adventurous!



MAMPOSTEO

A delicious blend of beans, rice, and spices, each restaurant has their own special recipe. Some restaurants turn up the heat by serving it with their homemade hot sauce. Not to be missed!

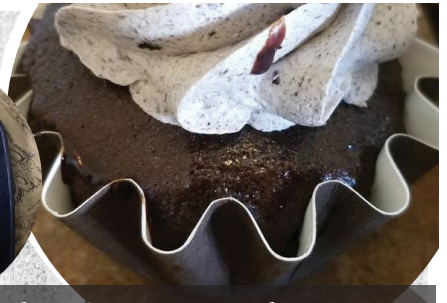


MOFONGO

Mofongo is a mashed mixture of plantains, breadfruit or yuca, garlic and spices. It is fried or baked with your choice of fish, lobster, beef or pork. Each restaurant has their own unique recipe. Your choice!



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biekesbistro@gmail.com

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**BUEN PROVECHO
 ENJOY YOUR MEAL!**

MENU

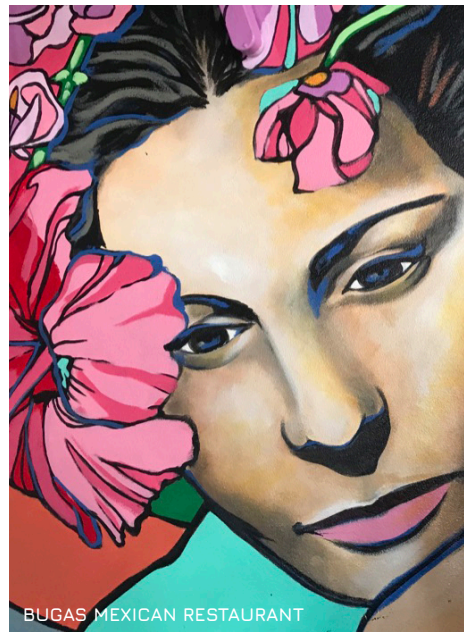
CHURRASCO..... FLANK STEAK
 BISTEC..... STEAK
 PERNIL..... PORK SHOULDER
 LECHÓN..... ROAST PIG
 CHULETA PORK CHOP
 POLLO CHICKEN
 CARNE MEAT
 JAMÓN HAM
 CABRITO GOAT
 PAVO TURKEY
 TOCINETA BACON
 CERDO PORK
 CHICHARRÓN PORK CRACKLINGS
 SALCHICHAS SAUSAGES
 ATÚN..... TUNA
 PESCADO FISH
 DORADO MAHI
 TIBURÓN..... SHARK
 LANGOSTA LOBSTER
 BACALAO SALT COD
 CARRUCHO..... CONCH

A LA PARILLA..... GRILLED
 FRITO..... FRIED
 ASADO ROASTED
 GUISADO..... STEWED
 EN ESCABECHE PICKLED

ARROZ BLANCO CON HABICHUELAS
 WHITE RICE & BEANS
 PAPAS FRITAS / FRENCH FRIES
 AMARILLOS / FRIED SWEET PLANTAINS
 TOSTONES / FRIED GREEN PLANTAINS
 AREPAS / FRIED DOUGH
 ARROZ CON GANDULES /
 RICE WITH PIGEON PEAS
 PASTELES / PUERTO RICAN
 TAMALES
 PAPA ASADA / BAKED POTATOES
 MAMPOSTEO / FLAVORFUL RICE
 COOKED WITH HERBS AND VEGETABLES

WHERE TO DINE

The beaches are magnificent, the vistas stunning and the people friendly. It's Vieques. But the island has another wonderful surprise in store for you; the dining experience. Our skilled and versatile chefs bring you delectables from the sea, land and farms for a culinary experience. The variety of offerings will have you wishing that you had more time and a bigger appetite. The guide provided here is a listing of our Insider Advertisers. Be sure to check restaurant Facebook pages for schedule changes and special offerings. Some restaurants require reservations but even if they don't, it is best to make one. Buen Provecho!



BUGAS MEXICAN RESTAURANT

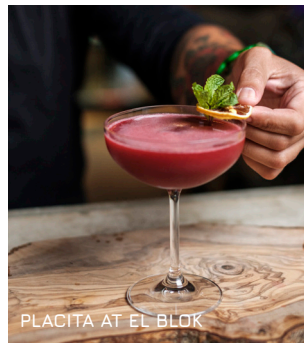


CAMERON MENDEL

PLACITA AT EL BLOK



MANNY'S SUSHI



PLACITA AT EL BLOK



DANIEL FERNANDEZ

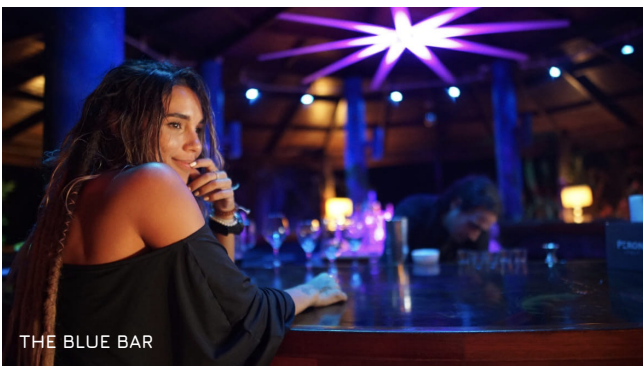
EL PLAZA



TRADEWINDS



FINCA VICTORIA



THE BLUE BAR



CARAMBOLA AT THE BLUE

RESTAURANT GUIDE



Hours are subject to change. Please check the restaurant's facebook page for current hours.

DINE OUT!

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AURORA'S CHICKEN & GRILL	787-407-9067	11-4:45							RT. 201
BANANAS BEACH BAR & GRILL	787-354-0020	11-9						11-9	ESPERANZA
BIEKES BISTRO	787-451-9061	11-11					11-4		ISABEL II
BLUE MOON BAR & GRILL	787-741-3318	9AM-10PM							ESPERANZA
BUEN PROVECHO	787-529-7316	8-5							ISABEL II
BUGAS MEXICAN RESTAURANT	787-424-3434				11-11				ISABEL II
CARAMBOLA AT THE BLUE	787-741-3318	7-3 AND 5-10							ESPERANZA
COQUI FIRE CAFÉ	787-741-0401	5-9							ISABEL II
DEXTER'S BBQ	787-435-9173	FIND LOCATION 📍 DEXTERSBACKYARDBBQ							MOBILE
EL LOCAL 00765	787-245-0936	5-11							ISABEL II
EL PLAZA	787-519-9510	5-10				5-10		ISABEL II	
FINCA VICTORIA	787-646-0011	BREAKFAST EVERYDAY/VEGAN DINNERS ONLY FRI/RESERVATIONS NEEDED							RT. 995
FUSION AT VIEQUES GUESTHOUSE	787-435-1513		📍 THEVIEQUESGUESTHOUSE						ESPERANZA
GONZOS GARDEN	787-435-2801	BAR@5-DINE@6	5-9 BBQ	BAR@5-DINE@6				ISABEL II	
LAZY JACKS PUB	787-741-1447	11-1AM				11-2AM		11-1	ESPERANZA
MAMA MIA	787-692-0742		11-9					3-9	ISABEL II
MANGO PUBLIC HOUSE	939-891-2764	1-9				1-9		RT. 201	
MANNY'S SUSHI (TAKEOUT)	787-446-4445				3:30-6:30 CARRYOUT			📍 MANNY'S SUSHI	
MARSHMALLOW'S	787-930-2365		10-5						ISABEL II
PLACITA @ EL BLOK	787-741-6020	5-10			5-10			ESPERANZA	
ROOFTOP @ EL BLOK (BAR ONLY)	787-741-6020						4-8 BAR & DJ	ESPERANZA	
RINCÓN DEL CAFÉ	787-423-4336	6AM-11AM				6AM-5PM	6-11	RT 200	
RINCÓN DEL SABOR	939-358-1783	11-7						RT 200	
RINCÓNTACO	939-239-4808	3-9							
RISING ROOST (GUAKE'TE)	ON FACEBOOK			8AM-1PM				ISABEL II	
ST VODOO'S MAR AZUL	ON FACEBOOK	4-12			4-12AM			ISABEL II	
TAVERNA	787-438-1100				5:30-CLOSE			ISABEL II	
TRADEWINDS	787-710-7440	4-8 (HAPPY HOUR 4-6)			4-8 BBQ		4-8 4-6HH	9-2 BRUNCH	ESPERANZA

¿Cómo se dice...?

Basic Spanish for your visit to Vieques

BY: HEATHER KNORR

GREETINGS:

Hola, ¿cómo está?	Hi. How are you?
Buenos días, Buen día	Good morning
Buenas tardes	Good afternoon
Buenas noches	Good evening/night
Feliz Navidad	Merry Christmas
Feliz Año Nuevo	
or Próspero Año Nuevo	Happy New Year
Buen Provecho	Enjoy your meal

FAREWELLS:

Qué tenga un buen día	Have a nice day
Hasta pronto	See you soon
Qué Dios le bendiga	May God bless you
Hasta luego	See you later
Adiós	Goodbye
Buenas noches	Goodnight

AROUND TOWN:

Por favor & Gracias	Please & thank you
¿Cuánto cuesta...?	How much is...?
¿Aceptan tarjetas de crédito?	Do you accept credit cards?
Efectivo	Cash
Me gustaría...	I would like...
Yo tengo / Yo no tengo...	I have / I don't have
No entiendo.	I don't understand.
¿Dónde está...?	Where is...?

*Can be followed by any place such as la playa (beach), la farmacia (pharmacy), el hospital (hospital), el restaurante (restaurant), el garaje (gas station), la oficina de correos (post office), plaza (town square), etc.

DIRECTIONS:

¿Cómo se llega a...?	How do I get to...?
A la derecha	To the right
A la izquierda	To the left
Derecho/recto	Straight
Sube/baja	Go up/go down
En la esquina	on the corner

GUIDE TO FRIED

PASTELILLOS

Similar to an american "turnover", these are flour pockets stuffed with beef, chicken, fish, crab, shrimp, lobster, or conch and then deep fried.

SORULLOS DE MAÍZ

Corn meal fritter stuffed with cheese. Like a corn dog without the dog-substitute cheese please!

RELLENO DE PAPA

For the "meat & potatoes" kinda guy. Potato ball stuffed with ground beef and then dropped, like a hot potato, into the deep frier.

RELLENO DE YUCA

See above but substitute potatoes with yuca, a buttery root vegetable. This you have to try!

AREPAS

Flash fried flour patties. Solo, as a side dish, or stuffed with savory filling! They can also be baked with guava paste and cheese.

ALCAPURRIAS

Grated root mixture stuffed with meat and then fried. A starch and protein tamale bomb!

BACALAITOS

A savory, crispy, pancake. Made with codfish, tomato sauce and sofrito, in a flour batter and then fried in a pan.

AMARILLOS

Slice a yellow, ripe plaintain to 1/4 inch slivers, fry in butter or oil for a sweet, delicious side dish.

TOSTONES

Take a chunk of plaintain, fry it, squash it, then fry it again. Like a thick tasty potato chip, but with plaintains of course! Served as a side, solo, or with a garlic butter dip.



Market & Café

Rising
Roost

Sweetest
breakfast spot
in Isabel II, Vieques

Wednesday to Sunday
8 AM - 1 PM



Live music Once a month



encantada

v i e q u e s



94 foot pool overlooking
the Caribbean Sea

Ocean views from every room
& direct beach access

Five minutes from
the Malecón in Esperanza



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Vieques, PR 00765



BIG HOUSE, BIGGER VIEWS, & LOVELY POOL. There are a total of 6 bedrooms and 4 bathrooms in this 2 or 3 unit house with a pool, surrounded by nice homes, on a hill in Villa Borinquen. Upstairs is a 3 bedroom 2 bath unit with a wraparound deck, and an outdoor wet bar/ buffet and dining area. Downstairs is a complete 2 bedroom 1 bath unit with a patio. Around the corner and facing the pool is another large bedroom with outdoor access to a full bath. The lower floor also houses a garage and several storage units. All 3 units have extraordinary 180° north shore views from Puerto Rico to St. Thomas, protected by the large sloping 1.5 acre lot. Gated and fenced yard with lots of room for off road parking. Quiet dead-end street just a short drive from town and to the beach. This property is perfect for an extended family, vacation rental, or even a bed and breakfast. Titled. Sold fully furnished and turnkey. **\$800,000**

Luna Loca

Art Gallery
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Gift Shop
Est. 1991



Local Crafts ~ Souvenirs

Clothing ~ Sarongs

Larimar ~ Sea Glass

Sterling Silver Jewelry

Toys & more!

Art of Nancy Hogan Armour



#99 & 101 Calle Luis Munoz Rivera, in Isabel Segunda.

Ola Loca Beach Store

Swim Wear

Rash Guards

Beach Boards

Sunglasses

Beach Towels

843-271-910

Luna Loca has relocated next door on the corner. In its place we welcome Ola Loca to our

"Loca" Family!

VIEQUES GIFTS



Vieques souvenirs, local crafts, essentials for the beach, clothing, and gifts.



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0020**

BANANAS



from the Bananas Staff
Buen Provecho!

BLACK BEARD

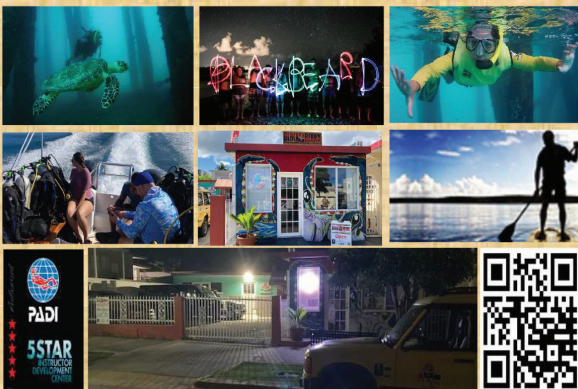
SPORTS

BlackBeardSports.com

Retail Rentals Tours

BioBay Snorkeling Diving Island Tours

53 Benitez Guzman, Vieques, Puerto Rico
Short walk from the ferry landing in Isabel II



Vieques Island where everything is an adventure and anything is possible, let Black Beard Sports make your holiday a success.

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EVERYTHING YOU
NEED FOR YOUR ISLAND
ADVENTURE.



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10-6
Sun
10-3

00768

Scallywags

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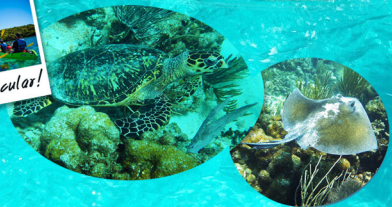
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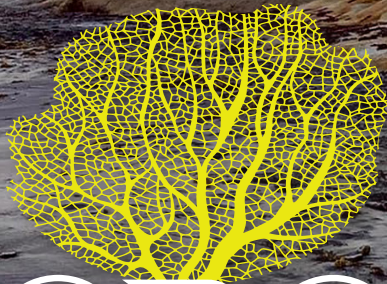
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VIEQUES TAKES FLIGHT

BIRDING WITH THE TRUST

BY CYNTHIA NICHOLSON AND MIKE MURPHY

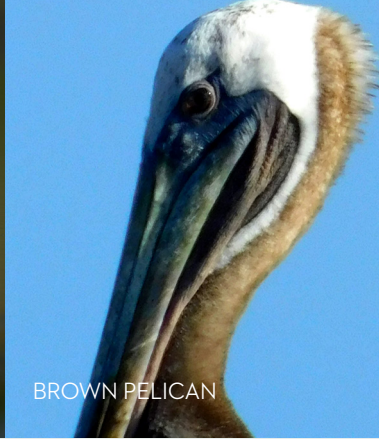
You might visit Vieques for its beaches and bioluminescence, but birdwatching is a perfect opportunity to connect to the natural world with your family or travel companions. Even if you're not an experienced birdwatcher, it's easy to get started.



GREAT EGRET



GREATER YELLOWLEGS



BROWN PELICAN



GREY KINGBIRD

There are many ways to experience birding in Vieques. First, take a look around wherever you are... at the beach, walking down a roadway or trail or sitting at an outdoor restaurant. Chances are you'll spy a very vocal Pearly-eyed Thrasher, a brilliant Green-throated Carib (a large hummingbird) or a squadron of Brown Pelicans flying in formation. Another option? Take a hike along the well-marked trails of the National Wildlife Refuge that encompass forests, mangrove lagoons, cliffs and quiet shorelines. Different habitats attract different species of birds. Some species, such as the Puerto Rican Woodpecker, can only be found in Puerto Rico.

The most immersive experience is with The Vieques Conservation and Historical Trust. Their Bird Team volunteers love taking folks on "Guided Bird Walks". The walks usually last two to two and a half hours. There is no charge, but consider making a donation or becoming a member of The Vieques Conservation and Historical Trust. Just use the Trust's website www.vcht.org, or drop them a note at VCHT, 138 Flamboyán Street, B.O. Esperanza, Vieques, PR 00765 to show your support.

Some birds such as yellowlegs, egrets

and plovers have traveled thousands of miles to make Vieques a migratory stop to and from other continents. The island is "a major stopover and wintering area for shorebirds and raptors," according to Daphne Gemmill, the author of *Birds of Vieques, Puerto Rico: Status, Abundance and Conservation*. Gemmill has observed that, "The many lagoons on the island are important wintering feeding areas for both year-round residents and migratory winter residents, such as Black-necked Stilts, White-cheeked Pintails, Great and Little Blue Herons". During the winter months along the shores and beaches, you'll see seabirds such as Brown Boobys, Royal Terns and Magnificent Frigatebirds.

If you are an avid reader, we recommend the field guide *Birds of Puerto Rico and the Virgin Islands* by Herbert A. Raffaele et al. or *Birds of Vieques Island Puerto Rico: Status, Abundance, and Conservation* by Daphne Gemmill.

Gemmill's book is an important source for anyone wanting a deep dive into Caribbean ornithology. Both are available at Buteo Books, a birding bookstore, or from your favorite online bookstore. The VCHT Gift Shop also carries the *Birds of Vieques Island*.

If you're looking for a less challenging read, check out *Puerto Rico Birds: A Folding Pocket Guide to Familiar Species (A Pocket Naturalist Guide) Pamphlet* by James Kavanagh. It's available on Amazon. ■

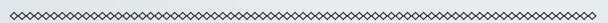


FRIGATE

PEARLY-EYED THRASHER

Found: In many habitats, mainly bushes and trees.

Fun Fact: Listen for its call; it's the first bird up in the morning and the last one to go to bed at night.



INSIDER TIPS



There are many iPhone and Android Birding apps, but our favorite one is All Birds PR -> Antigua, covering Puerto Rico + North East West Indies by Mullen & Pohland GbR (Apple users only). Other apps that may be useful are MerlinBird ID, BirdNET, Audubon, and eBird for the advanced user, especially in North America and Europe.

Don't miss the informational kiosks provided by the Vieques National Wildlife Refuge that offer educational displays on the ecology and history of the island.



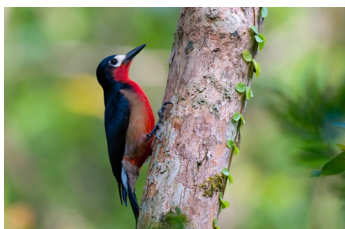
Located 1.1 miles from the gate you will find a gazebo that includes birds of Vieques as well as other species found on the refuge.



CATTLE EGRET

Found: In fields away from water, usually near cattle and horses.

Fun Facts: The Cattle Egret is the only bird species that has made it to all seven continents without human assistance, even Antarctica, where one was found dead.



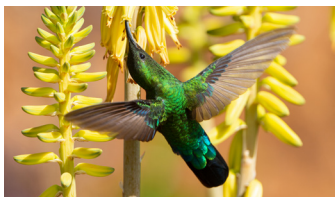
PUERTO RICAN WOODPECKER

Found: On wooden utility poles next to the National Wildlife Refuge road.

Fun Facts: The only woodpecker native to Puerto Rico has a barbed sticky tongue.

GREEN-THROATED CARIB

Found: In urban gardens and blooming scrub areas at the beach.



Fun Fact: In 1900, this Lesser Antillean Hummingbird had not yet arrived on the island of Vieques. By 1912, it was common. Small islands usually support one large and one small hummingbird.

AMERICAN OYSTERCATCHER

Found: On rocky shorelines. Cayo de Tierra is a good place to spot them.

Not So Fun Fact: On rare occasions, one may drown when a mollusk clamps down on its bill and refuses to let go and the tide comes in.



ANTILLEAN CRESTED HUMMINGBIRD

Found: In urban gardens and blooming scrub areas at the beach.

Fun Fact: This is the small Hummingbird on the island. The male sports a mohawk-like crest with dark green iridescent feathers.



GREAT EGRET

Found: Near or in salt/fresh water.

Fun Facts: Before the 20th century,



the world population of Great Egrets was in danger of disappearing due to the demand for their lacey plumage for women's hats. Conservation laws saved them.

ADELAIDE'S WARBLER

Found: In thickets, woodlands and scrub bush.

Fun Fact: Native to Puerto Rico, the local Puerto Rican name for this species is Reinita Mariposera, which means "little butterfly queen", presumably because of their appetite for caterpillars.

BIRDING

WITH THE VIEQUES CONSERVATION AND HISTORICAL TRUST (VCHT)

Bird Walks during the 2022/2023 season are scheduled for:

December 21st,
January 4th,
January 18th,
February 1st,
February 15th,
March 1st and
March 15th

All Bird Walks start on the Malecon in front of The Vieques Conservation Trust in Esperanza, 138 Flamboyán Street at 7:30 a.m. If you have questions or are a member of a large group, please let the Bird Team know in advance. Contact Dale Doucette at littleladi-amond@aol.com or call him at (207) 400-4366. Dale can also make arrangements if you have a group interested in a private guided Bird Walk.

Please bring binoculars if you have them. Wear sturdy shoes as the walks occur in the woods, on the beach and around lagoons. Bring a hat and water, and wear reef-safe sunscreen and bug repellent.

Enjoy the great beauty around you!



DID YOU KNOW that one of Puerto Rico's most important archeological finds was discovered in Vieques? The 2000-year-old carved jadeite talisman of an Andean Condor reveals the likelihood of far-reaching trading routes from South America since neither jadeite nor Condors are native to Vieques. This majestic bird amulet became the symbol of The Vieques Conservation and Historical Trust when it was formed in 1984.

ACCOMODATIONS

At the Waves on Facebook
 Bananas Guesthouse 787-354-0020
 Blue Horizon Boutique Resort 787-741-3318
 Casa de Amistad 787-247-1017
 Casa Colores 443-961-5242
 Casa Corona on Facebook
 Casa Coqui Verde 787-477-5182
 Casa Fuerte 802-272-0704
 Casa Iguana 802-683-6474
 Casa Oceana on Facebook
 Casa Tesoro on Facebook
 Casita Cerromar 804-306-3423
 Crab Island Adventures 787-608-8983
 EcoCasa 617-335-4863
 El Blok 787-741-6020
 Encantada 786-239-7591
 Finca Victoria 787-646-0011
 Hacienda Tamarindo 787-741-8525
 Hix Island House 787-435-4590
 Lazy Guesthouse 787-741-5555
 La Lanchita 845-891-1502
 800-774-4717
 939-239-7113
 Old Crow Hotel & Suites 787-741-0011
 Orita 510-682-3064
 SeaGate 201-450-8238
 787-741-4661
 787-980-8717
 Suenos del Mar (Fajardo, PR) 787-435-0221
 The Blue 787-741-3318
 The Haven on Facebook
 Tradewinds Guesthouse 787-710-7440
 The Vieques Guesthouse 787-435-1513
 Villa Dos Palmas 802-272-0704

ACCOUNTANT

Victor Simmons 787-936-7496

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 Finca Consciencia 787-502-4088
 Isla Nena Composta 787-309-8408
 JaFlor 267-968-4197
 La Colmena Cimarrona 787-502-4088
 Extensión Agrícola 787-765-8000 x3921

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Aerotaxi Charters 787-718-8869
 Air Flamenco 787-724-1818
 Air Sunshine 954-434-8900
 Cape Air 800-227-3247
 M&N Aviation 787-791-7090
 Vieques Air Link 888-901-9247

ARCHITECTS

Arquitecto Stanley Hutchinson 787-556-5537

ART GALLERIES/LESSONS/ARTISTS

Carmen Lund / Painting Classes 203.444.1806
 Art Vault /Ernesto Peña 939-248-7200
 Fuerte Conde Mirasol 787-375-0525
 Oro Vieques 510-682-3064
 Kadosh Art Gallery 787-371-8390
 Linda Castren 828-243-2565
 Lucky One Designs 787-223-8203
 Luna Loca 843-271-1910
 Lulu's Ceramics 787-232-4976
 Painted Paw Studio/Sarah Shearer 615-988.0314
 Sandra Reyes 939-488-6734
 Siddhia Hutchinson
 Glen Wielgus Gallery 787-556-5409
 Vieques Historical Trust 787-741-8850

BEE REMOVAL

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BIKE TOURS/RENTAL

Black Beard Sports 939-283-6841
 Bieque Eco Trips 787-922-2701
 JAK Water Sports 787-644-7112
 Fun Brothers 787-435-9372

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 Aqua Sunset Tours 939-208-6147
 Bieque Eco Trips 787-922-2701
 Black Beard Sports 939-283-6841
 Fun Brothers 787-435-9337
 Isla Nena Bio Bay Tours (boat) 787-403-5581
 Jak Water Sports 787-644-7112
 Salty Spirit 787-477-8664
 Taino Aqua Adventures 787-349-6964
 Wai Vie 787-247-3249

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 Fun Brothers 787-435-9372
 Island Jeep Rental 787-741-0190
 Maritza's Car Rental 787-741-0078, 500-1666
 Scooters for Rent 939-437-2053
 Vieques Car Rental 787-412-8540

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 Dexters BBQ Catering 787-435-9173
 La Tabla del Chef 939-208-4964
 Your Personal Chef (Waldo) 787-487-4244
 Titi Tata's Kitchen 787-450-6565

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 Enid Medina 787-308-8501
 Ferreteria Victoria 787-741-3061
 Isla Nena Renovations 787-233-1560
 Island Services & Management 787-238-9108
 M&M of Vieques 787-741-2577
 Navarro Construction 787-741-2577
 Rosas Depot 787-741-1307
 Thompson Construction 203-217-1454
 Tony's Painting 787-602-8359
 Tony Handyman 787-556-9941
 Vieques Locksmith 787-564-5120

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 Ivette Yolanda 787-435-1289

DERMATOLOGIST

Elena Nogales 787-860-4500

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High Quality Electrical Contractor 787-446-6063

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 Quiñones Electronics 787-741-2427

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 Black Beard Sports 939-283-6841
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 Jak Water Sports 787-644-7112

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 Isla Nena Exterminating 787-310-1363
 Professional Exterminating 787-449-6950

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 Salty Spirit 787-477-8664
 Taino Aqua Adventures 787-349-6964
 Wai Vie 787-247-3249

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Green Eyed Girl Weddings 971-506-9406
 Roses Luxury 787-368-5884

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Buen Provecho 787-529-7316
 Family Market 787-968-3130
 Superdescuento Morales 787-306-3316
 Pescaderia/Fish Market 787-349-8660

HARDWARE STORE

Rosa's Depot 787-741-1307

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 Ticatove 787-428-8288 (text)

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 Jurutungo Farm 215-692-7374
 Sea Gate Hotel 201-450-8238

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 Fun Brothers 787-435-9337
 Salty Spirit 787-477-8664
 Jak Water Sports 787-644-7112
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 Family Market

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 Ayurveda Yoga & Massage 970-729-0505
 Beatriz Beauty Boutique & Spa 787 556 8662
 Rising Dawn 248-470-5495 (Tanya)
 939-389-5556 (Pamela)
 Serenity Point Yoga & Wellness facebook
 Vieques Massage Ingrid Bergman 787-435-1313

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Komdrona Birth & Bienstar 919-244-1537

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 Vieques Historical & Conservation Trust 787-741-8850

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 Bieque Eco Trips 787-922-2701
 Black Beard Sports 939-283-6841
 Fun Brothers 787-435-9337
 Jak Water Sports 787-644-7112
 Nauti Mermaid 754-216-8168
 Wai Vie 787-247-3249

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 Daniel Fernández Photography 323-578-5788

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 Farmacia San Antonio 787-741-8397
 Dra. Ivette Perez 787-468-2000
 Dr. José Figueroa 787-223-1687, 787-366-1931
 Dra. Fanny Garraton (dentist) 787-741-8765
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Dr. Luis Rivera 787-718-2250
Vieques CDT 787-685-3960, 787-741-0398

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Angel 787-243-2564
or 939-224-2773
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Cocolo (late night) 787-328-3940
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Diego Quiñones 787-590-7068
Esteban Carle (Tebín) 787-486-1145
Esteban Ortiz (Tolo) 787-435-9608
Freddi 787-672-9264
Gabriel Cordero 787-245-7068
Gerry's Transpo... 787-710-6667
787-988-5357

Hector (Tito) 787-219-3899
Heraldo Pérez 787-710-6667
José Felix (Cheo) 787-486-9202
Juan Carmona 787-645-2329
Kalet Pérez 787-585-9560
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Miguel Ayala 787-328-3940
Tata Robles 787-486-0267
Letty Perez/Kiany Tours 787-556-6003
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Vieques Taxi 787-741-TAXI 8294
Vieques Tours & Transportation 787-397-2048

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Julian Transfers 787-887-5957, 787-385-7604
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Als taxi 787-590-9001
Efrain Ortiz 787-225-4944
John's Publico 787-354-5851
John Rosario 787-354-5851
José Segura 939-272-1968
Angelito 939-224-2760
Julian 787-245-6145
Palma's Transportation /Jay 787-627-8264
Tuty 787-380-3007
Hernan Nieves 787-674-0984

PUBLICATIONS /PRINTING

Imprenta Adonai 787-741-2856
Vieques Insider Magazine 787-435-3172

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787-550-6917
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787-334-2943
787-741-7001
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Rainbow Realty 787-741-4312
Broker Marin 787-225-5604
Broker Wetherby 787-380-4990
Vieques Properties 646-705-3549
787-216-6213

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Bananas 787-354-0020
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Blue Moon Bar & Grill 787-741-3318
Buen Provecho 787-529-7316
Bugas Mexican Restaurant 787-424-3434
Carambola at The Blue 787-741-3318
Casa Nativo 787-556-9920
Coquí Fire 787-741-0401
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D'Frozz 787-239-4081
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El Local 787-245-0936
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Mango Public House 939-891-2764
Manny's Sushi 787-446-4445
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Rincon del Sabor 939-358-1783
Rincontaco 939-239-4808
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St. Voodoo's Mar Azul on Facebook
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Fire Fi 619-708-1444/787-435-2024
Gofers 787-220-0943
Marc Weems 787-564-5120
Recycling 787-741-5000 x2351
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WASPR, Inc. 939-717-2121
Vieques Tech Services 858-337-3116

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Bazar la Caridad (thrift) 787-590-8575
Dulce Mango facebook
El Pescador Fishing & Marine Store 787-231-2624
Finca Victoria 787-646-0011
Lulu's Ceramics 787-232-4976
Luna Loca 803-292-3862
MamaPlaya Himalaya 787-548-1010
Muebleria Quiñones 787-400-4004
Ola Loca Beach Store 843-271-1910
Oro 510-682-3064
Quiñones Electronics 787-400-1183
Rosas Depot 787-741-1307
Sallywags 787-966-7540
Siddhia Hutchinson & Glen Wielgus Gallery 787-556-6419
Trade Winds Gift Shop 787-710-7440
VCHT Gift Shop 787-741-8850
Vieques Gifts 787-435-1244

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Vieques Island Tours & Transport. 787-397-2048
Beach Hop VQS Island Tours 787-397-2048

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Black Beard Sports (B) 939-283-6841
Bieque Eco Trips (B) 787-922-2701
Crystal Clear Vieques 787-242-1071
Fun Brothers 787-435-9337
Jak Water Sports (B) 787-644-7112
Nauti Mermaid (Luxury B) 754-216-8168
Salty Spirit (B) 787-477-8664
Taino Aqua Adventures (B) 787-349-6964
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Armando 787-644-1139
Chepo Towing 787-966-3985
Freddy 787-608-9914
Josaeen Maldonado 939-247-9825

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Tranka Transport 939-475-0687

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Vieques Humane Society
& Animal Rescue 787-741-0209

WEDDING/EVENT PLANNERS

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Green Eyed Girl Weddings 971-506-9406

YOGA / LIFE COACHING

Ayurveda Yoga & Massage 970-729-0505
Esperanza Yoga w/Valerie 508-945-7643
Serenity Point Yoga on Facebook
Vieques Pilates, Yoga & Wellness 231-383-1885

MUNICIPAL / GOV. AGENCIES / PUBLIC SERVICE

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City Hall/Alcaldía 787-741-5000
Sun Bay 787-741-8198
US Fish and Wildlife Office 787-741-2138
Recycling Office 787-741-5000
Post Office 787-741-3891
PR Tourism Office Vieques
Airport 787-741-2300
Isabel II 787-741-0800
AAA Autoridad de Acueductos 787-741-2001
FWS 787-741-2138
Vieques Post Office 202-791-7632
Vieques Gas 787-469-7734
Vieques Covid Hotline 787-340-3837

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Hospital 787-741-3282
Emergency 787-741-8261 or 911
Fire Dept 787-741-2111
Police 787-741-2020
Municipal Office 787-741-5000
787-741-5051, 939-239-4164

AA Alcoholics Anonymous

Monday-VCHT Meeting Room, 5:00pm
Tuesday-VCHT Meeting Room, 5:00pm
Wednesday-Catholic Church Rectory (bilingual), 5:00pm
Thursday-Playa Gallito, 8:30am
Friday-Catholic Church Rectory (bilingual), 5:00pm
Saturday-Catholic Church Rectory, 10:30am
Sunday-Women's Discussion Ceiba Tree, 8:00am
Sunday-Catholic Church Rectory, 10:30am

CONTACT: LIN 787-380-4990 OR
DOTTI 787-741-0639

Alanon- for the family dealing with any substance abuse

Wed -Call Lynn for location 787-309-0798, 9:30am

NA Narcotics Anonymous

Thursday -Catholic Church Rectory, 5pm

CONTACT KERRY 917-834-3509 OR DOTTI
787-741-0639

The phone directory includes advertisers and services. If you wish to be included or would like to update your number please email kelly@viequesinsider.com. A more complete phone directory is listed on our website. www.viequesinsider.com.



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to continue FREE spay & neuters for all our island animals.

Donations gratefully accepted: ourbigfatcaribbeanrescue.org/#donate



Our Big Fat Caribbean Rescue is a 501c3 non-profit offering free sterilization, non-profit vet care and humane education through an extensive community outreach program on the island of Vieques, Puerto Rico. Recognizing sterilization is the most effective model for humane animal population control on the island, OBFCR has proudly provided free spay/neuters to over 4,000 dogs and cats, provided vet care to hundreds and developed programs for dozens of students. OBFCR is proud to be a part of our community, helping our neighbors and their animals. Our great thanks to all our supporters over the years helping us help them.

WHERE TO DONATE OR GET INVOLVED

VQS NON PROFITS

Alapas
787-565-2717

Apiario Bieke
787-312-5848
facebook/ApiarioBieke

Atta
787-930-2365

Boys & Girls Club
787-728-4040
www.bgcp.org/24160/

Corefi
787-905-6946
www.corefi.org

Fantasia Caribena De Vieques
787-435-2288
facebook/Fantasia-Caribena-de-Vieques

Fe Que Transforma
787-308-5659
www.fequetransforma.com

Hooves On The Ground
787-308-7876
facebook/Hoovesontheground

Hopebuilders
239-633-2700
www.hopebuildersinc.org

Incubator Bieke Micro, Inc.
787-206-0602

Isla Nena Composta
787-309-8408
facebook/islanenacomposta

Juntos
787-556-9030
www.juntosvieques.com

Jurutungo
215-692-7374
www.jurutungofarm.com

Colmena Cimarrona
787) 502-4088
www.lacolmenacimarrona.org

Our Big Fat Caribbean Rescue
787-349-8480
www.ourbigfatcaribbeanrescue.org

Parque La Ceiba
787-467-4352
facebook.com/Parque-La-Ceiba-De-Vieques

Rotary Club Of Vieques
347-366-2211
www.rotaryvieques.com

Sail Relief Team
202-680-8879
www.communitythroughcolors.org

Navy League Vieques
703-528-1775
facebook/navyleaguevieques/

Ticatove
787-428-8288
www.ticatove.org

Vieques Concert Society
787-225-5604
www.viequesconcertsociety.org

Vieques Tennis
787-435-2187
facebook/vieques.tennis.1

Vieques Conservation and Historical Trust
787-741-8850
www.vcht.org

Vieques Emergency Response Inc
787-901-7500
facebook/vqsemergency

Vieques En Rescate, Inc.
787-408-7161
facebook/viequesenrescateinc/

Vieques Humane Society & Animal Rescue
787.741.0209
www.viequeshumanesociety.org

Vieques Island Animal Sanctuary
787-435-4306
www.viequesanimalsanctuary.org/

ViequesLove
787-556-8731
www.viequeslove.org



YOU'VE DECIDED TO ADOPT AN ISLAND ANIMAL. NOW WHAT?

You've fallen in love with an island dog or cat. Vieques Humane Society (VHS) can help! If your new friend is a street animal, first we check to make sure she does not already have a family. Island culture allows free-roaming pets, so your new love may just be enjoying an extra meal and your company for a few days. Once that's settled, VHS will steer you in the right direction to prepare for travel, including what to do if you are traveling before your pet can see the vet (a travel requirement).

FOR TRAVEL TO THE CONTINENTAL U.S. YOU'LL NEED:

- >>> Health certificate from a veterinarian issued no more than 10 days prior to travel
- >>> Up-to-date vaccines and rabies certificates
- >>> Airline-approved travel kennel
- >>> A plan to get your animal from Vieques to San Juan
- >>> A call to your commercial airline to understand their travel regulations related to temperature, weight, in-cabin or cargo restrictions, reservation needs and costs, check-in time, etc.

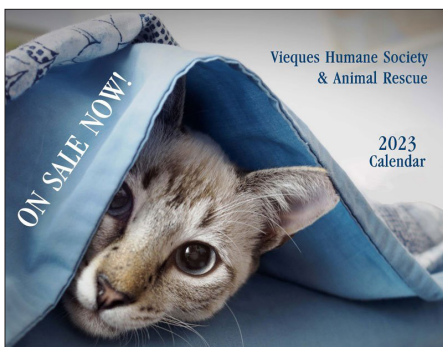
For street animals, email a photo and location where you first met to VHS. All this takes time, so if you've decided to adopt, get the process started ASAP. Your action will save a life!

More details: www.viequeshumanesociety.org/travel

To get started, call VHS at 787.741.0209 or email hello@viequeshumanesociety.org.

Check the VHS website for dogs and cats ready for adoption: www.viequeshumanesociety.org/adopt

Vieques Humane Society & Animal Rescue, Inc.
Rt. 200 km 1.4 in Santa Maria
T-W (8-5), Th-Sat (8-12), Closed Sun-Mon



The purrfect gift or souvenir!

Our homeless pets count on YOU! Get your 2023 VHS Calendar TODAY while supplies last. The purchase of one calendar feeds 50 shelter animals for one day. This year's calendar features beautiful photos of very special rescue pets & the generous donors who sponsored them. Thank you for caring. Perfect for holiday giving! Buy online at www.viequeshumanesociety.org or find them at SeaGate Hotel, Vieques Gifts, Trade Winds Gift Shop, Scallywags & Vieques Humane Society.



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with Angie Adams
BILINGUAL, LOCAL TOUR GUIDE



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[www. CasaLaLanchita.com](http://www.CasaLaLanchita.com)

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Coquito

Our traditional homemade version of eggnog combines coconut, spices and of course, rum! No holiday festivity would be complete without this delicious, creamy concoction.

THE EASY RECIPE

2 cans (12 oz. each)
Evaporated Milk

1 can (15 oz.) Cream of Coconut

1 can (13.5 oz.) Coconut Milk

½ cup Sweetened Condensed Milk

½ cup white rum (optional)

1 tsp. vanilla extract

½ tsp. ground cinnamon, plus
more for garnish, if desired

In a blender, add evaporated milk, cream of coconut, coconut milk, sweetened condensed milk, rum (if using), vanilla extract and ground cinnamon. Blend on high until mixture is well combined. Pour coconut mixture into glass bottles or containers. Transfer to refrigerator.

Chill until cold. To serve, stir or shake bottle well to combine. Pour coquito into small serving glasses. Garnish with ground cinnamon and cinnamon sticks, if desired.



THREE KINGS' DAY

• THE EPIPHANY, JAN 6TH •

BY JOSÉ CARASQUILLO

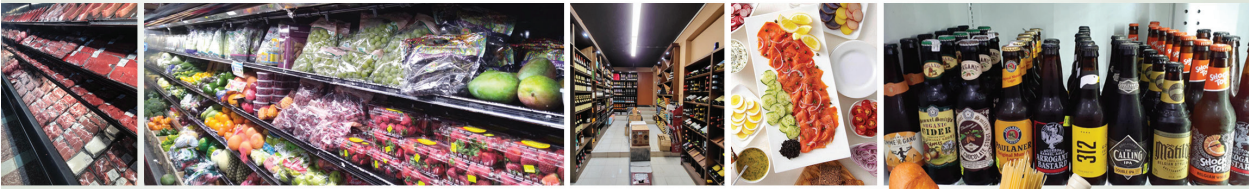
As a child the night before Three Kings' Day, I went out into the field, clipped the greenest leaves of grass, put them inside a shoe box, and then placed the box by my bed so that the horses transporting the Three Kings would have food once they entered

the house. The North American counterpart tradition is to leave milk and cookies for Santa. But by late afternoon of December 25th Santa is on his way back to the North Pole while in Latin America and Spain, millions of children still await "el día de los Reyes Magos". This is the day children traditionally receive holiday presents in Latin America. For many Christians around the world the holiday season doesn't officially end until the 12th day of Christmas, also known as the Feast of the Epiphany or Three Kings Day. The holiday falls on January 6th and marks the adoration of the baby Jesus by the Three Kings.

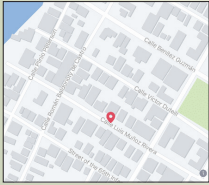
Every year a group of volunteers from the Coast Guard and the community hold a Three Kings' Day toy giving event for the children of Vieques. This year the event will be a drive through on Jan 4th with toys being distributed in front of El Blok. If you would like to donate, volunteer or find out more information about this event, contact Alexis Pimentel at 787-435-1835.



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Help Vieques Humane Society help the animals on Vieques.



100% of your purchase price supports Vieques Humane Society & Animal Rescue

FOR SALE AT: Vieques Gifts, Tradewinds Gift Shop, Scallywags, SeaGate Hotel, Vieques Humane Society or online: viequeshumane.org (scroll to Miss Fuzzi)

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instagram: viequeshumane



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DANIEL FERNANDEZ

WHERE TO FIND *the good stuff*

If you enjoy the challenge of hunting for the hidden gems, travel necessities or local treasures, skip this page.



▶ INFORMATION ON THE HISTORY OF VIEQUES >>

Visit El Fortín Conde Mirasol in Isabel II. Wed-Sun 8AM-12PM

▶ VIEQUES AUDIO TOURS >>

Visit www.puertoricoaudiotours.com for an audio tour that explores Vieques history, facts about the military presence, sugarcane industry, and more!



▶ FRESH FISH, LOBSTER AND CONCH >>

Head to Pescaderia Angelyz near the ferry dock in Isabel II Mon-Fri 10:30 - 2pm to purchase fresh fish, lobster or conch when it is in season.



DANIEL FERNANDEZ

▶ **SEE 80LB TARPIN >>** Get to the Pescaderia Angelyz when the fishermen are bringing in their catch and see tarpon swimming close to shore waiting for scraps.

▶ **LECHÓN >>** Don Tito's Lechonera on Calle Patricio Tito Maldonado roasts pigs on Friday night to fill orders for Saturdays and holidays. Order by the pound before Thursday to pick up on the following Saturday 787-617-2748.

▶ **LIMBERS >>** Watch for the signs that say "Hay Limbers" at households around the island to purchase this frozen treat. Or stop by the Vieques En Rescate thrift store on the corner of Antonio G. Mellado and Muñoz Rivera in Isabel II where there is usually a freezer full of island flavors!

▶ **FARMERS MARKETS >>** Placita Reyes on the corner of 201 and 200 has fresh fruit and veggies on Tuesdays and Fridays 8am-5pm. Mercado Agroecológico Sambumbia is held the 2nd and 4th Friday of the month 11-2pm in the Isabel II Plaza. Watch for events at La Colmena Cimarrona, the farm on 997 where you can sometimes find pop up agriculture markets.

▶ **SEAGLASS >>** Most beaches have some amount of seaglass but La Chata, Playa Cofi, and Playa Voltio are popular sites to find it. Check the Insider beach map on pages 20-21 for locations or visit www.viequesbeachmap.com for more information.

▶ **PUERTO RICAN COFFEE >>** Rising Roost, Family Market and Morales are places where you can find Puerto Rican coffee beans, whole or ground. Have it prepared for you at Rising Roost to get your day started right. They use Gustos Reserva /Juracán a blend of beans from Yauco, Adjuntas and Las Marias Puerto Rico.

▶ **CHAMPAGNE AND WINE >>** Diverse selections can be found at the Family Market in Isabel II, Morales grocery store on 201, El Tienda Verde in Esperanza or El Sombrero Viejo in Isabel II.

▶ **LOCAL FOOD >>** Along with all of the great restaurants on the island, the food trucks and kiosks each have their own local specialties! Don't be shy! Step right up to these streetside trucks or kiosks on the side of the road and you will be greeted with some of the best local food and a smile!



KELLY THOMPSON

▶ **LOCAL RUM** >>Handcraft-ed right here on Vieques, CRAB ISLAND RUM is not to be missed. Find it in local restaurants or stores. Take a tour, have a drink at the bar and enjoy live music at the distillery Thurs-Sat. 12-8.



▶ **A FURRY FIX** >>Contact the Vieques Humane Society to arrange time with a cat, dog, kitten or puppy for an hour, a day, your entire stay or forever! Take a dog for a walk on the beach, shelter a pet during your stay or just come in for a cuddle.



Become a pet escort at no cost to you, and help a cat or dog get to their forever home in the states. 787.741.0209

▶ **FRESH DONUTS** >>Obi's Mini Donuts are made fresh as you wait and dusted with either powdered sugar or cinnamon and sugar. Look for the donut truck in the plaza in Isabel II or on Rt. 201 on the weekends!

▶ **VEGAN FARE** >>Our talented restaurant chefs and diverse menus usually accommodate all

diets, but for a vegan "experience" make reservations at Finca Victoria's Vegan Friday Dinner or watch for pop up vegan nights at El Plaza.

▶ **PALETAS** >>locally made, fresh fruit Paletas Don Lolo can be found in the freezer at the Family Market. Look for flavors like mango, tamarind, coconut, passionfruit or seagrape. For another way to enjoy them, order a lolo-mosa at Rising Roost with Don Lolo flavored ice cubes.



▶ **CAR VACUUM AND TIRE AIR PUMP** >> Sand between your toes is good but when it's in your rental car you could be charged an additional cleaning fee. Find a car vacuum and an air pump for your tires at Gomera Guzman on Rt. 200. at the intersection where there is a sign for La Praa.

▶ **THRIFT STORES**>> Visit the Vieques En Rescate thrift store on the corner of 200 and Calle Muñoz Rivera.. Your purchase will benefit the cancer patients on Vieques. The Catholic Church Thrift Store is located across from Taverna Restaura.

▶ **SCHEDULE OF EVENTS** >>

Find out what's happening this week at www.viequesinsider.com.



▶ **CHARGERS/ELECTRONICS**>> Forget something that you can't live without? Find chargers, phones and other electronics at Quiñones Electronics next to Banco Popular in Isabel II.

▶ **DANCING** >> El Blok rooftop-Sundays 4-8. Blue Horizon Ladies Night-Thursdays and special events. Crab Island Distillery has live music Thurs-Sat 12-8. La Nasa in Esperanza is the place to see talented locals dancing salsa, bachata and calypso on the weekends and especially Sunday nights.



CAMERON MENDEZ



▶ **HOLIDAY SPIRIT** >> Each year around the holidays one house stands out for its display of Christmas spirit. Miguel (Papito) Rivera Melendez's family has been de"lighting" the island with his Christmas light display for over 25 years. It takes 20-30 hours to string over 10,000 lights and required a dedicated electric panel to be added to the house. The family's goal is to light the house sometime during the first two weeks of December. His father passed away two years ago but Papito keeps the family tradition alive for his mother, Mariña Melendez Sanes, granddaughters and nephews. It is a Vieques treasure during the holiday season and locals look forward to seeing it every year. Drive down Calle Flamboyán in Esperanza during the holidays. You can't miss it!

GOOD TO KNOW

GROCERY

▶ **BUEN PROVECHO**
MON-FRI 8AM-5PM

▶ **FAMILY MARKET**
EVERYDAY 6AM-10PM

▶ **MORALES SUPERDESCUENTO**
RT 200
MON-SAT 7AM-6PM
SUN 7AM-12PM
Holiday hours change

▶ **MORALES EMPREZAS (PORTELA) ISABEL II**
MON-FRI 7AM-8PM

SAT 7AM-7PM
SUN 7AM-3PM

▶ **MORALES ALMACENES ISABEL II**
MON-FRI 7AM-4PM
SAT 8AM-12PM

▶ **MOLINO ISABEL II**
MON-FRI 5AM-9:30
SAT-SUN 6AM-8:30

▶ **PLACITA REYES/FRUIT & VEG RT 200 & 201**
TUES & FRI 8-4

▶ **VIEQUES FRUIT MARKET (MUNDO)**
MON-SAT 8AM-6PM

▶ **MAMBOS (RT 997)**
EVERYDAY 7AM-9PM

▶ **MI GENTE**
MON-THURS 7AM-9PM
FRI-SUN 7AM-10PM

▶ **PHARMACIA REY**
52 C. BENITEZ GUZMAN
MON-SAT 8AM-7PM
SUN 10-6

GAS STATIONS

▶ **THALERIA GAS STATION ISABEL II**
MON-FRI 7AM-9PM
SAT-SUN 7AM-10PM

▶ **MARISOL GAS STATION MONTE SANTO**
EVERYDAY 6AM-8PM

▶ **MONTE SANTO GAS STATION**
EVERYDAY 6AM-9PM

WHERE TO

RECYCLING ON VIEQUES

Currently dry cardboard, washed plastic and aluminum cans are recycled (aluminum and plastic does not need to be separated). The recycling staff are doing everything they can with limited crew, equipment and without electricity or water at their processing location. With only two employees and a pickup truck, they are working hard to regain the recycling efforts on Vieques. The material is transported to ISCO in Caguas, Puerto Rico. Hector Melendez, Director of Recycling, has offered his personal cell number and has asked that locals organize within their neighborhoods to collect at a house and call them to come pick up the recyclables from that location on a weekly basis. If you call them, they will come! Hector Melendez 787-646-4180.

DROP OFF LOCATIONS

THE OLD EMERGENCY MANAGEMENT LOCATION on the corner of Calle Baldorioty de Castro and Benitez Guzman in Isabel Segunda.

BUNKER 403 on the West Side of Vieques on 994 serves as the recycling center. Past the airport, Parque La Ceiba and Crab Island Rum Distillery, the left turn to the recycling center is approx 1 mi. past distillery. (If you get to the Arcadia Water Station with a field of solar panels on your right you have missed the turn.) After the turn take the right when the road splits and go down a little hill. The recycling center is the third bunker on the left. Leave your bagged recyclables on the loading dock or in bins located at the entrance. Make a day of it by visiting the Ceiba tree, Rompeolas pier, Crab Island Rum Distillery and then visit the bunkers stopping at Bunker 403 to recycle!

Did you enjoy a trip to the Bio Bay? Learn how you can help support conservation efforts by the Vieques Conservation and Historical Trust to protect the bay for future generations. Go to www.vcht.org to learn more and show your support!



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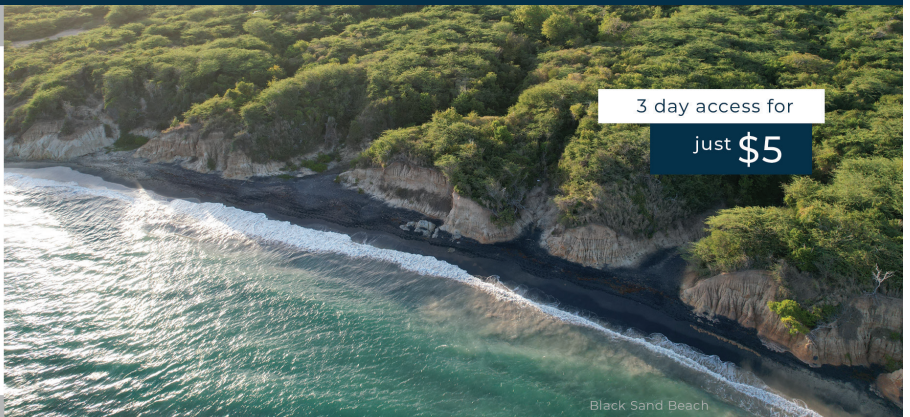


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Black Sand Beach

Listen to Vieques' history right on your phone.

Scan the QR code and start enjoying our history and hear the facts that make Vieques amazing! These audio tours are a great complement to your visit, as you get insight on the places you explore all around Vieques.



Punta Mulas Lighthouse

Facts about:

- Black Sand Beach
- Punta Mulas Lighthouse
- Mosquito Pier
- Archeological Findings
- Simon Bolivar
- NAVY Occupation



Sugar Pier in Esperanza



WATER
ACTIVITIES

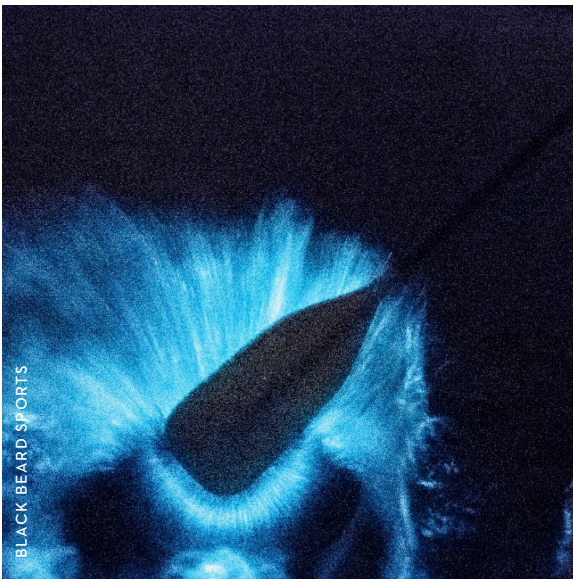
Your guide to Vieques tour guides
and captains for ocean adventures.

ON THE WATER

BY CAPT. TOM KIRKBRIGHT

Use that brief window called vacation to cleanse the soul of the daily grind, open your heart to a new adventure and enjoy the sights and sounds of someplace exotic. Taste the cuisine, experience the culture and appreciate all the magnificent scenery nature has to offer.

Well, you have chosen the right destination, my friend. Vieques will deliver. Go explore, but save some time for an amazing experience *on the water.*



BLACK BEARD SPORTS



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AMITY FISHING CHARTERS



JAK WATER SPORTS

When venturing out to the watery wonders of Vieques you are better off not doing it on your own. Trying to save a little money or being a hero can put you and your loved ones in harm's way. The charters and tours available here are inexpensive and educational, and the captains and guides on Vieques are professionals. Their familiarity with local water and weather conditions will help determine the best time and location for your tour. Plus, all the necessary equipment and expertise is supplied for a fabulous day.

Number 1 on the must do list is the **BIOLUMINESCENT BAY**. Vieques' own natural wonder, the micro organisms (dinoflagellates) glow in a spectacular aquatic light show when disturbed. The Milky Way above and the Bio Bay below will leave you reeling from a dazzling display of nature's grandeur. To learn more about bioluminescence and the conservation of our local biobays, stop by the Vieques Conservation and Historical Trust in Esperanza.

SNORKELING introduces you to an underwater world of color and shapes dancing in spectacular seascapes. The variety of sea life and corals will astound even the most experienced snorkeler. Find variety in the types of snorkeling tours offered as well. Snor-

kel off-shore reefs from a boat excursion or hard to find reefs that require a guide and a kayak, or visit havens where you have a good chance to swim with turtles.

Want to stay under longer? Try **SCUBA DIVING** with Black Beard Sports who offer top of the line equipment with experienced and certified guides who emphasize safety. Classes are offered that range from beginner introduction classes to advanced open water trips.

PADDLEBOARDING can be an exercise in tranquility or just plain exercise. The usually calm waters make this fast-growing sport a pleasurable family activity.

If you want to explore the mangroves, see the Bio Bay or head to open water, a **KAYAKING** tour may be best to accommodate your interests.

Need an adrenaline rush? You can find **JET-SKI RENTALS** in Esperanza. (Please use extreme caution around other watercraft, snorkelers and our fragile reefs.) Charter a **BOAT TOUR** for a quick trip to the vibrant offshore reefs or book a **FISHING TRIP** for that catch of a lifetime.

Once you have decided the type of excursion to pursue, contact a Vieques professional service for a date and time. They work continuously to keep you and your family safe when providing an incredible day "On the Water."

OUR
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ON THE WATER

		SNORKEL	KAYAK TOURS	BOAT TOURS	PADDLEBOARD	BIOBAY BOAT	BIOBAY KAYAK	SCUBA	FISHING BOAT	JETSKIS	
Abe's BioBay and Snorkeling	787-435-1362	●	●		●		●				www.abessnorkeling.com
Amity Charters	787-502-3839								●		www.viequessportfishing.com
Aqua Sunset Tours	939-208-6147	●	●				●				www.aquasun settours.com
Bieque Eco Trips	787-922-2701	●	●	●	●		●				www.biequecotrips.com
Black Beard Sports	939-238-6841	●	●	●	●		●	●			www.blackbeardsports.com
Crystal Clear	787-242-1071	●									www.crystalclearvieques.com
Fun Brothers	787-435-9337	●	●		●		●			●	www.funbrothers-vieques.com
Isla Nena Bio Bay	787-403-5581					●					www.borikuatourspr.com
JAK Water Sports	787-644-7112	●	●	●	●		●				www.jakwatersports.com
Salty Spirit	787-477-8664	●	●	●			●		●		www.salty-spirit.com
Taino Aqua Adventures	787-349-6964	●	●	●	●		●		●		www.tainoaquaadventures.com
Wai Vie	787-247-3249	●	●	●	●		●		●		www.waivie.com



EQUIPMENT RENTAL

Why pack it if you can rent it!

Looking to explore on your own?
These companies rent equipment by
the hour, day or week.

		SNORKEL RENTAL	KAYAK RENTAL	PADDLEBOARD RENTAL	FISHING SUPPLIES (SALES)	BIKES	WATER BIKES	ELECTRIC BIKES	CAMPING GEAR	BEACH GEAR	JET SKIS
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JAK Water Sports	787-644-7112	•	•	•		•					
Taino Aqua Adventures	787-349-6964	•	•	•							
Pescador Fishing & Marine Store	787-231-2624				•						

SAFETY FIRST!

The ocean can be flat even on days with dangerous advisories.

Prioritize your safety by checking local conditions daily. HOW? The Weather Channel app will give you general advisories, but it is important to go to the source for the details.

www.weather.gov will show you a map of the US with a link to "Puerto Rico/ Virgin Islands" at the bottom. Click that link for the detailed advisories! You can also see the rip current advisories by beach at weather.gov/sju/beach_usvi Do not enter the water from the surf-zone where there is a "high threat."



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LAZY JACKS

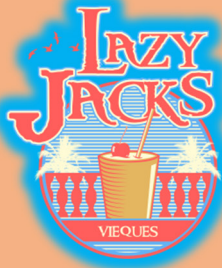
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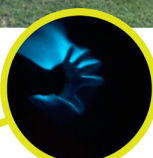
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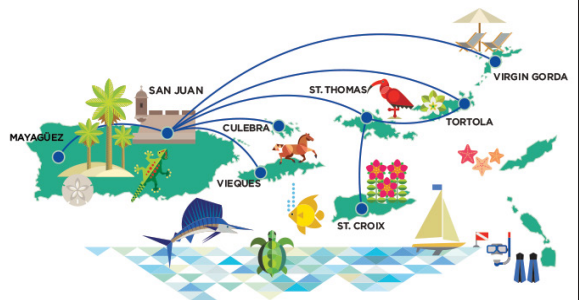
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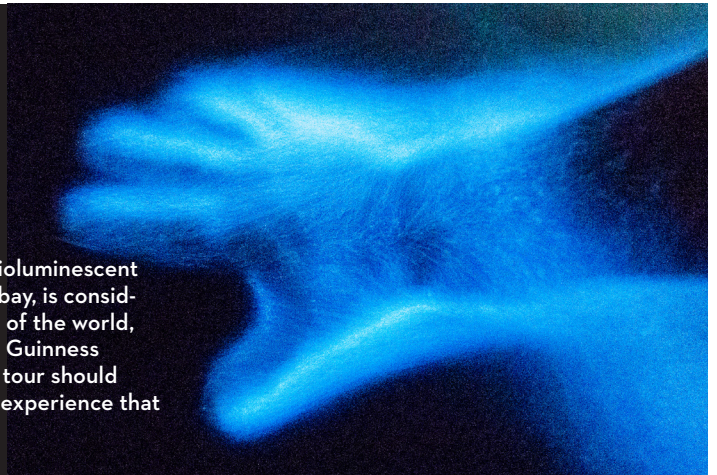
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OUR AMAZING BIOBAY

There are few places in the world that classify as bioluminescent "bays". Puerto Mosquito, Vieques' bioluminescent bay, is considered by many to be one of the less known wonders of the world, having been declared the brightest in the world by Guinness World Records. The experience of taking a guided tour should absolutely not be missed if you are visiting. It is an experience that will stay with you a lifetime.



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Author, dance instructor, purple heart recipient and survivor, Aurita Maldonado lives on Vieques with her two children. This memoir is a remarkable woman's journey to stumble in style as she navigates seemingly insurmountable tragedies early in life.

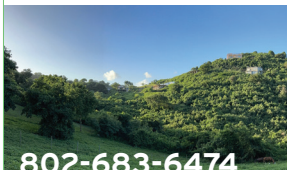
"I find it hard not to feel changed after reading this book. Aurita genuinely writes from the core of her soul." -GABRIEL QUILES

Find it on Amazon, Goodreads.com, Gallery Oro or any of Aurita's zumba or dance classes listed on page 61.

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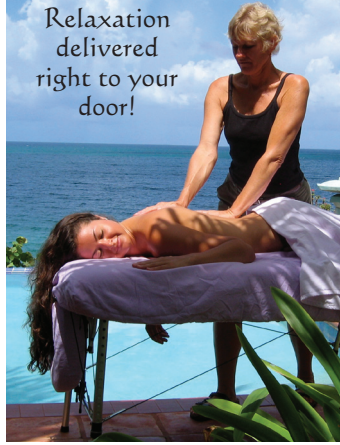
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Finca Victoria Yoga	8am everyday vinyasa								www.lafinca.com
El Blok Yoga	5pm find your zen					6:30am sunrise flow		●	El Blok Rooftop
Tai Chi		5pm Qigong	8:30am Tai Chi		5pm Qigong			●	Sunbay pavilion
Alicia Yoga								●	970-729-0505
Zumba w/Aurita	5pm plaza Isabel II		9am Coliseum Isabel II		5pm plaza Isabel II				787-477-1334
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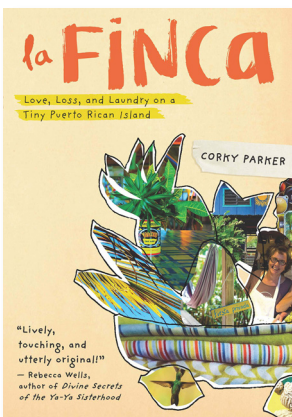
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on rt. 200



La Finca, the memoir about Corky Parker's 24 years running beloved La Finca Caribe in Pilon was just awarded the distinguished 2022 Nancy Pearl Award for memoir. "The

book is about my love affair with the Finca, and Vieques. I'll never stop missing the Vieques community, and honoring all it taught me, and shared with me". Earlier this year the self-illustrated memoir won the international University Presses award for both cover and book design. La Finca was published last year by Trinity University press, and is available on Vieques at Finca Victoria in Pilon, online or wherever books are sold.

For those interested in reading the book, Corky loves to join book groups "Even by zoom, I never seem to tire of discussing how we follow dreams, survive nightmares, and rebuild our lives.

Mama Playa Himalaya

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CARIBBEAN FASHION

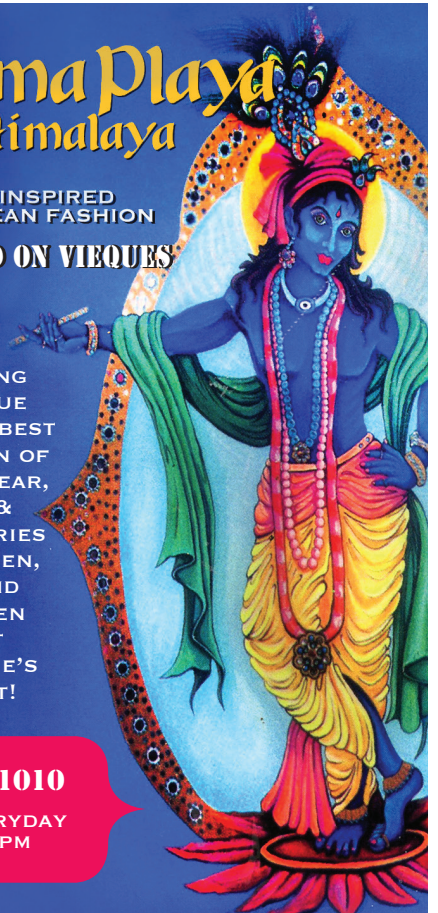
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EXPLORE THE VIEQUES NATIONAL WILDLIFE REFUGE

BY ROSIE DEMPSEY &
MIKE BARANDIARAN



The Vieques National Wildlife Refuge is home to a large collection of unique natural habitats and stunning beaches that endlessly captivate visitors and locals alike. This amazing chunk of Vieques offers a wonderland of breathtaking views, meditative beaches, otherworldly waters and some beautiful displays of nature. It also offers ideal routes for the active vacationer looking to get some exercise while enjoying the diverse habitats of the Wildlife Refuge. Covering the west and east ends of the island, the Vieques National Wildlife Refuge's ecosystems span lagoons, mangrove and palm forests and natural shorelines. Aside from its undeveloped beaches, the Wildlife Refuge offers trails to hike, roads to bike, peninsulas to roam and plenty of waves, wind and wildlife to appreciate.

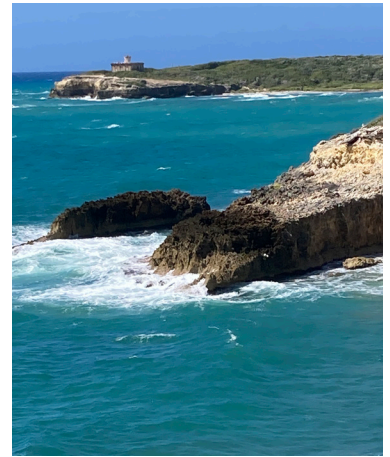
Listed here is a small sampling of the trails the Vieques National Wildlife Refuge and the island have to offer. To see trail maps, GPS locating, terrain descriptions and which trails are open to biking go to www.ticatove.com/trails.



EASTERN VNWR

The gateway to the Eastern side of the Vieques National Wildlife Refuge is off Rt. 997 at distance marker 3.2. Inside the gate on the left is a visitor center to reopen in 2023 that offers wildlife displays. It also has a water fountain and bathrooms for those who need a cool break! Another bathroom (Baño) with running water and three outdoor showers is located 1.5 miles from the main gate on the right.

more traditional dirt trail through the woods that is .7 miles to the lookout. That trailhead starts from a parking area/trailhead off the main entrance road on the left, .8 miles from the entrance gate. If a person chooses, they can run, bike or horseback ride the entire loop (including the road) for approximately 2.5 miles. Great display at top.



PUERTO MOSQUITO NNL TRAIL

GREAT VISTAS FROM AN OBSERVATORY PLATFORM

Get a different take on the famous Biobay as seen from the heights of the Puerto Mosquito National Natural Landmark Observation Platform. There are two routes up: a drivable gravel road on the left just 20 feet inside the Eastern Vieques National Wildlife Refuge gate, or a

PUERTO FERRO LIGHTHOUSE TRAIL

A 1890S LIGHTHOUSE RUIN AND A CRAGGY SHORELINE:

Enter the Wildlife Refuge gate off Rt. 997 or park your car in the lot right outside of the gate. Once inside the gate take an immediate right onto a gravel road. If driving, there is a parking area after 1 mile or continue another 1.4 miles past a lagoon to the end of road to the Puerto Ferro Peninsula parking

lot. At the "You are here" sign on the left of the Lighthouse find a short path down to a unique beach with wildly choppy water. The short trail is only about 400 yards, though you can continue walking the whole shore. For those choosing to do an endurance hike/run or bike, it's 2.5 miles each way from the VNWR gate entrance.





**VIEQUES NATIONAL WILDLIFE REFUGE
APROX. 18,000 ACRES**

The VNWR makes up about 51% of the island. It is managed by the USFWS. It is the second largest natural protection and conservation area in all of Puerto Rico and the US Virgin Islands following El Yunque (the rainforest). This is very important in terms of conservation, since only 8% of land in the entire archipelago of Puerto Rico is legally set aside as protected lands for conservation purposes.

DON'T GET LOCKED IN.

Gates close automatically. If you get locked in you may have a long wait before law enforcement can come to open the gates.

SEPT. 1 – FEB. 28
7 AM - 6:30 PM

MARCH 1 - AUG. 31
7 AM - 7:30 PM

TERRAIN NAMES IN SPANISH:

- PUNTA = POINT/PENINSULA
- ARENAS = SANDS
- CERRO = HILL
- PLAYA = BEACH
- CAYO = KEY
- BAHIA = BAY
- PUERTO = PORT
- MALECON = WATERSIDE WALK

**TAPÓN LOOP TRAIL
SHORT AND SWEET**

While you are hitting the amenity-rich Caracas beach*, you could do this short .9 mile loop hike which offers a great view of the third largest bioluminescent bay on Vieques. Start by going 1.8 miles inside the eastern gate, then a right turn at the Caracas sign. Trailhead and parking is a left turn 300 yards before you get to the beach. Shorter and sweeter is the .5 mile alternate trailhead found at the eastern end of Caracas beach.* Composting toilets, gazebos, grass, grills (but no drinking water here or anywhere on the VNWR).

WESTERN VNWR

The Western tract of the Wildlife Refuge is considered by many to be, well, more... wild. The northwestern section offers more shady roads than the other areas of the Wildlife Refuge. It's also great for biking. But it's easy to get lost if you go exploring, so download a map to your phone before you go. Phone connection is poor in this area and these roads are not on most Vieques maps.

EL POBRE BEACH TRAIL

GETTING THERE IS HALF THE FUN

To reach the VNWR northwestern section take Rt. 200 west heading out of Isabel Segunda towards the airport. Go past the airport, the Ceiba Tree, Mosquito Pier and the water plant on Rt. 200; at the Y turn right and you'll quickly come to a VNWR entrance sign. Drive .2 miles on the dirt road and then bear right for El Pobre Beach Trail. From the parking lot, hike west down the trail towards Kiani and El Pobre Lagoons sea opening where you can see rusty train tracks, another remnant of the sugar plantation era. From here you can return on the same trail or walk back on the beach. ■

- No parking on the side of the road, only in designated parking areas.
- No bicycles on beaches.
- Watch where you step or wheel, don't go over brush or you could risk injury or a popped tire from acacia or bayahonda (mesquite) thorns.



PREFER TO EXERCISE ON ROADS OR BEACHES?

Roads in the Vieques National Wildlife Refuge tend to be wider and have less traffic and are safer for running and biking than municipal roads. When walking the beaches, watch out for sand burrs and spiny sea urchins that have washed up on the shore.

VNWR EASTERN GATE TO CARACAS

FLAT, PAVED ROAD

The road from the VNWR east entrance gate to Caracas is paved, flat and offers some shade in the early morning but little in the afternoon. It is 1.8 mi to the turn off to Playa Caracas and another .7 mi. to the beach.

LA CHIVA MILE

BEACH WALK

This stretch of shoreline in the east tract of the VNWR begs to be trod. The entire beach has numbered entrance markers along the road and was voted favorite beach in Puerto Rico by “Travel & Leisure” more than once. For a full mile, begin at La Chiva entrance #3 and exit at #16 at the boat ramp. (Note: You’ll need shoes to pass beach areas #13 and #14 because of a rocky outcrop.) Watch out for sand burrs! Composting toilet at #3 and #12.

PLAYA GRANDE BEACH

SOUTHWESTERN AREA OF VNWR

Find Playa Grande in the Southwestern part of the island by heading west out of Esperanza (follow the Malecon/ocean front walkway. Turn left at Rt. 201 and continue to the deadend. Turn left and then right into the VNWR. The water all along this beach is too dangerous for swimming due to heavy currents. An amazing beach awaits walkers. From the entrance parking area, walk the 1.3 stretch of the beach that turns into a series of small coves, one after another, which require scrambling (for the agile and shoed only). ■

SANDBUR (*Cenchrus incertus*)



Called *abrojo de playa* in Spanish, this sandbur is a 10-inch high, mat-forming grass that spreads making thick, dense clumps often concealed by taller flora. The burs will stick to your feet and cause pain till you physically pull them off. Some form of footwear is recommended when crossing through these areas to the ocean. On the upside, their presence does help prevent beach erosion.



Don't want to hike alone? Hike with TiCaToVe!

The non-profit TiCaToVe (named for the sea turtles who nest here) is the longtime partner of the Vieques National Wildlife Refuge. The VNWR comprises 51% of Vieques, an undeveloped treasure for the people of Isla Nena. Despite regular hurricanes and the pandemic, TiCaToVe has been able to attract a crew of hardworking local outdoor volunteers to help clean up hurricane damage, groom hiking trails and lead hikes.

Email Greg@ticatove.org to join hikes and conservation activities. Go to ticatove.org/trails to get more out of this diverse and wondrous island. Find out about beach cleanups and guided hikes with local experienced leaders as well as events appealing to the environmentally minded, young or old, everyone is welcome.



Become a member for \$25 or donate to support environmental conservation on Vieques.
Text us at 787-428-8288 • PO Box 217, Vieques, PR 00765
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The Vieques National Wildlife Refuge



Founded by President Theodore Roosevelt in 1903 and administered by the Department of the Interior - U.S. Fish and Wildlife Service, the National Wildlife Refuge System is the largest and most diverse network of conservation lands in the world. Encompassing more than 850 million land and marine acres across dozens of unique habitat types. With more than 560 wildlife refuges, this system protects iconic species and provides some of the best wildlife viewing opportunities on Earth. Opportunities for outdoor recreation draw millions of people each year to National Wildlife Refuges, boosting local economies. Many visitors enjoy hiking, paddling, wildlife viewing, nature photography, hunting or fishing. These activities offer visitors a chance to unplug from the stresses of modern life and reconnect with their natural surroundings.

The Caribbean Islands National Wildlife Refuge Complex manages nine Wildlife Refuges in this area; one of them is on the island of Vieques. In 2001, the Vieques National Wildlife Refuge was established with the mission to protect and preserve the natural resources of these lands in perpetuity. It manages lands on the western and eastern ends of the island and is the most ecologically diverse one in the complex, with two life zones: subtropical dry and subtropical moist. We conserve the only subtropical moist forest of its kind in the USFWS. After El Yunque National Rain Forest, we are the second largest conservation area in Puerto Rico and the US Virgin Islands.



The Vieques NWR contains several habitats including beaches, coastal lagoons, mangrove wetlands and upland forests, among others. Here one can find some of the best examples of subtropical dry forest in the Caribbean. The marine environment surrounding us contains coral reefs and sea grass beds. The land and waters are home to Commonwealth and federally protected plants and animals, such as: the Antillean Manatee, bats, land crabs, four species of sea turtles (Green, Loggerhead, Hawksbill and Leatherback), 190 bird species and 900 plant species. The Wildlife Refuge contains resources of archeological and historical significance for the Taino culture, the sugar cane and military eras. We are also a part of the Puerto Mosquito National Natural Landmark Site and the local community of Vieques.

The Vieques NWR is among the top fifty most visited in the nation; natural areas are important travel worthy destinations. The Ceiba Tree Ecological Park, the Vieques NWR, the Cerro el Buey Wildlife Refuge and the Bioluminescent Bay Natural Reserve are economic engines where visitors also contribute to the economy of the island. Volunteers and Partners such as TICATOVE, Isla Nena Composta, Hooves on the Ground, Apiario Bieke and the Vieques Conservation & Historical Trust are essential to the work on the Wildlife Refuge and partake in a number of beach clean-ups, research, trail maintenance, education, conservation and various other projects. We collaborate with the Vieques Municipality and other agencies.



The Vieques NWR is a former military site that still contains Munitions of Concern (MEC) including Unexploded Ordnance (UXO). The Wildlife Refuge is listed under Comprehensive Environmental Response, Compensation and Liability Act Visitors to the Vieques NWR are asked to follow the 3 RRR: Recognize, Retreat & Report any UXO items that they may encounter. To date many acres are cleared for public use and large numbers of munitions have been removed. Other areas are still restricted due to the ongoing clean-up. Information on the clean-up can be found at www.navfac.navy.mil/vieques or www.facebook.com/viequesrestoration.

For more on the Vieques NWR: www.fws.gov/refuge/vieques or www.facebook.com/ViequesNWR/



We are open for year round visitation, every day of the year (except during disasters & emergencies) from 7 am to 6:30 pm (September 1-February 28) with extended summer hours from 7 am to 7:30 pm (March 1 - August 31). Gates close automatically at the posted time, so please do not get locked in. Enjoy your Vieques NWR!



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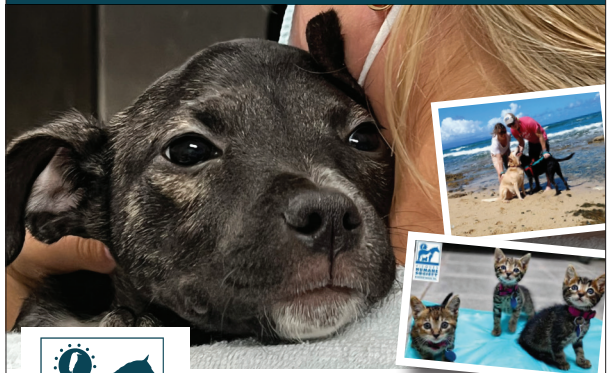
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THE HORSES OF VIEQUES

If riding a horse on the beach is on your bucket list, you are in the right place!

After arriving on Vieques your first encounter may very well be with a horse. Strolling on beaches or grazing by the side of the roads and the grounds of your guesthouse, these majestic animals have free rein of the island. "Are the horses on Vieques wild?" is a common question posed daily by visitors. The answer is not a simple yes or no, and will strike up an age-old debate regarding their status. For the most part, the horses are not wild, but many of their owners do not keep them on their land. When the horse is needed, the owner will find it. Generally, horses will return to grazing land time after time, and families and herds stick together, following the same routes to their spots. The owner will often know where to look. Plus, there is an informal network of communication. On a small island, everyone knows everyone and their horse, and most of the horses are branded. Allowing the horses to roam freely offers the island visitor idyllic scenes of a time when cars and traffic were less prevalent. The sight of a watchful mare guiding her wobbly foal along a dirt road or frisky, saddleless horses at play against white sand and blue sea

evokes feelings of nature's tranquility. On the other hand, seeing a horse injured and without proper medical care or suffering from malnutrition during droughts evokes sadness and frustration. The challenge for Vieques horse owners and residents is to find the balance. If you are visiting, please take care when driving along our narrow roads that are shared with the horses, especially at night. Daily life on Vieques is simpatico with these magnificent and docile creatures, as much an integral part of the island as the sand and sea. They are still a major mode of transportation for some locals. You'll see many Viequenses riding, sometimes bareback, headed to the local store or human watering hole. Additionally, there are several horseback riding businesses offering beach rides on both coasts of the island, as well as interior rides through the streets and up the mountainsides. Grab the opportunity and the reins to take a horseback ride on gorgeous beaches, along barrio streets and on paths through the interior of the island. It is an experience not to be missed.

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