
Example Itinerary from SXM to Tintamarre:

Day 1: Arrive in Saint Martin. We will pick you up from the airport and settle you into the cabin. Depending on the time of arrival and how tired you are, we will either go to the nearby beaches or relax for the night.

Day 2: Explore Saint Martin. In case jet lag is still in tow, we will stick to the island and do a plethora of things. Bike to the beach? (8 minutes each way) Yoga/surf in Plum Bay? Watch the airplanes land over Sunset Beach Bar? Snorkel some reefs? There's a lot to do and you can't go wrong.

Day 3: Head out to Tintamarre. This quick sail will take us only a few hours to reach the island. We should arrive in time for lunch. We can eat on the boat or swim over to the beach and use the picnic areas. The rest of the day can be spent snorkelling, on the beach, or exploring. Eat dinner and then let the night wind down.

Day 4: Head to the beach early and hike the backside of Tintamarre. It is a shelly few miles to get to the cliffs so wear good shoes. Return to the boat for brunch, have a last swim, and set sail.

Day 5: Option A- Head to Iles Fourche. This will take half the day, so learn the ropes of the boat and arrive in Iles Fourche for a sunset swim and dinner. Set sail the next day after lunch to Saint Martin.

Option B- Return to Saint Martin. We can be back in port by lunch. From there we can relax, go into town, shopping, biking, high-ropes course, spa at Loterie farm, etc.

Day 6: Last full day on the island. Try out scuba diving? Explore the caribbean cuisine? Learn how to make fresh coconut milk? Sleep on the beach? Cruise around the lagoon? Fish on a dock?

Day 7: Wrap everything up and make the flight. Farewell lunch at Little Jerusalem's, Lal's, etc.

Example Food Menu:

(When we are in Saint Martin the dinners can be more complex as we have a full kitchen... slow cooked tortilla soups, cauliflower pizza, spaghetti squash pasta...etc.)

sample menu when we are sailing:

Breakfast: Yogurt parfait with fruit; Oat meal; Cereal

Lunch: Hummus wrap: spinach, cucumbers, feta, beets and carrots
Quesadilla: cheese, spinach and tomatoes
Chickpea salad: lettuce, chickpeas, feta, olives, tomatoes and cucumber

Dinner: Coconut soup: coconut milk, tomatoes, sweet potatoes, carrots and side of rice (can be made spicy)
Fried rice: egg, carrots, broccoli and corn
Tortilla salad: lettuce, tomatoes, beans, corn, cheese and tortilla chips

This is what our usual meals look like, but trust us we can get creative and tweak dishes as needed. Or if you want ham and cheese sandwiches every day, just let us know.

Our favorite local restaurants:

- LJ's
- Curry in a Hurry
- Italian pizza place sandy ground
- Grand Case
- Thai Les Chay
- Barcode
- Equinox Sports Bar