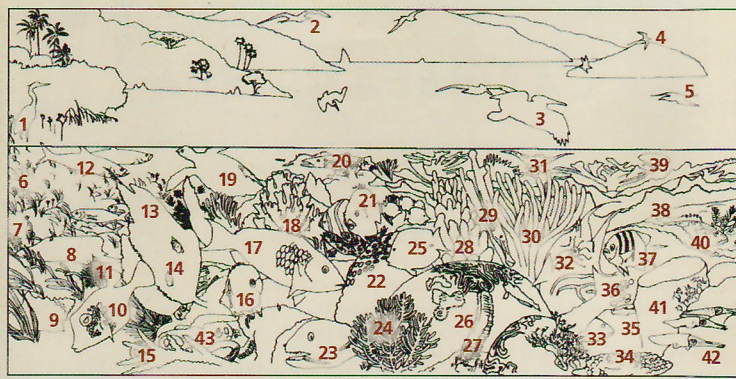




Treasure Trove of Discoveries

Time is something to be ignored when you visit Virgin Islands National Park and Virgin Islands Coral Reef National Monument. Pay no attention to your wristwatch; better yet, don't even wear one. Adjust yourself instead to St. John's slower pace. Forget about trying to cram too many things into your visit. Ignore this advice and you will depart less enriched than those who have made a successful transition to island time.

Rumor has it that pirates buried fortunes throughout this Caribbean area. Today's island visitors find treasures of greater value than gold and silver. A wealth of beaches, coral reefs, plantation ruins, and diverse plants and animals is awaiting discovery here. This national park is indeed a treasure trove filled to the brim. You will be rewarded!



The cover illustration depicts the rich wildlife of the US Virgin Islands.

- Above Waterline**

 - 1 Great blue heron
 - 2 Magnificent frigatebird (male)
 - 3 Brown pelican
 - 4 White-tailed tropicbird
 - 5 Brown booby

Below Waterline

 - 6 Seagrass bed
 - 7 Shaving brush
 - 8 Southern stingray
 - 9 Queen conch
 - 10 Smooth trunkfish
 - 11 Long-spined black urchin
 - 12 Tarpon
 - 13 Sea fan
 - 14 Flamingo tongue
- 15 Staghorn coral
 - 16 Four-eye butterflyfish
 - 17 Stoplight parrotfish (initial phase)
 - 18 Fire coral
 - 19 Hawksbill turtle and remora
 - 20 Great barracuda
 - 21 French angelfish (adult and juvenile)
 - 22 Large star coral
 - 23 Spotted moray with cleaning goby
 - 24 Gorgonian
 - 25 Blue tang (adult and juveniles)
 - 26 Brain coral and Christmas tree worms
 - 27 Fireworm
- 28 Pillar coral
 - 29 Trumpetfish
 - 30 Sea whip
 - 31 Spotted eagle ray
 - 32 Queen triggerfish
 - 33 Bigeye
 - 34 Sun anemone
 - 35 Fairy basslet
 - 36 Orange flower coral
 - 37 Sergeant major
 - 38 Elkhorn coral
 - 39 Moon jelly
 - 40 Rock hind with isopods attached to its head
 - 41 Basket sponge
 - 42 Reef squid
 - 43 Common octopus

The Island of St. John

Throughout history, people seeking paradise on Earth have traveled—or dreamed of traveling—to a tropical island where they could find beauty, refreshment, and refuge. Today, just over half of the small, rugged volcanic island of St. John is protected as a natural paradise within Virgin Islands National Park. Among the earthly delights are tropical forests, wildlife, wildflowers, and breathtaking views. Just offshore, dazzling natural riches are preserved in the marine areas. Combined, the land and waters of St. John are, in many ways, a world apart.

Scurrying Lizards
Anole lizards, geckos, and iguanas abound. Male anole lizards extend colorful dewlaps and do pushups in territorial and courtship displays.

Bananaquit
The ever-present bananaquit is the official bird of the Virgin Islands. With its long, downward-curving bill, it feeds on the nectar of tropical flowers.

Today, with an ample part of St. John's natural resources managed by the park, the tropical forest and much of the island's native wildlife are protected. The island's variety of over 800 species of plants includes the teyer palm, St. John's only native palm tree; the bay rum tree, whose aromatic leaves once provided the oil for world-famous bay rum cologne; and rare, brilliantly colored wild orchids.

St. John is also a sanctuary for animals as diverse as corals, sea turtles, and reef fish; insect- and fish-eating bats; frogs; gecko, anole, and iguana lizards; and birds. Over 50 species of tropical birds breed on St. John, including the bananaquit, black, parrot-like smooth-billed ani, and two species of Caribbean hummingbirds. Many warblers and other birds that spend summer in the continental United States, known as neotropical migrants, spend winter in the park's dense forests.

Only at Night
The largest of the island's blossoms, the vanilla-scented, night-blooming cereus is pollinated by bats and may be seen, true to its name, only at night.

Richness in Plant Life
St. John's forests vary from moist subtropical forests of the interior mountains to semiarid cactus scrublands on south-facing slopes and rocky, windswept peninsulas. They host over 800 species of trees and other plants. Inviting park trails wind through forests that are now a mix of native and introduced* species (see list, below right).

- 1 Strangler fig or autograph tree
 - 2 Turpentine
 - 3 Bromeliad
 - 4 Bay rum
 - 5 Teyer palm
 - 6 Monkey-pistol or sandbox
 - 7 Rock wall of former plantation
 - 8 Kapok
- 9 Termite nest
 - 10 Genip*
 - 11 Penguin or wild pineapple*
 - 12 West Indian locust
 - 13 Painkiller*
 - 14 Wattapama
 - 15 Overgrown sugar factory structure
 - 16 Pipe organ or dildo cactus
 - 17 Century plant
 - 18 White-cheeked pintail ducks on a salt pond
 - 19 Turk's cap cactus
 - 20 Sea grape

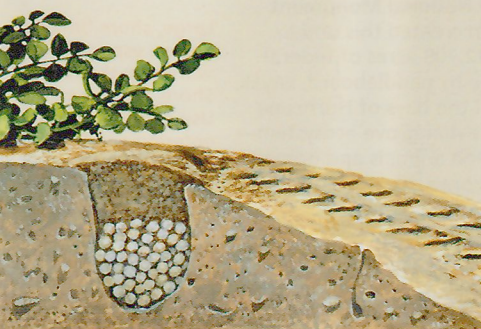
Beaches

White beaches of the Virgin Islands have a well-deserved reputation for being some of the world's most beautiful. These picturesque beaches fringe Hawksnest, Trunk, Cinnamon, and Saltpond bays and other sheltered coves.

Sand, the key ingredient to a beach, is brought to the island's shore by waves, tides, and currents. Where does that sand come from? Primarily from two sources within a bay: marine algae that grow just offshore and living coral reefs. Both, when broken down into tiny fragments, make sand. Without the algae and the reefs, in time the ready supply of sand would disappear, as would the beaches.

Reefs also serve as the first line of defense for the beaches by reducing the full force of incoming waves that otherwise would cause serious erosion. On stretches of St. John's rugged coast that lie exposed and unprotected by the reefs, the shoreline is made of cobbles and bare rocks.

Except for sunbathers and swimmers, the beaches can appear to be lifeless. Not so.



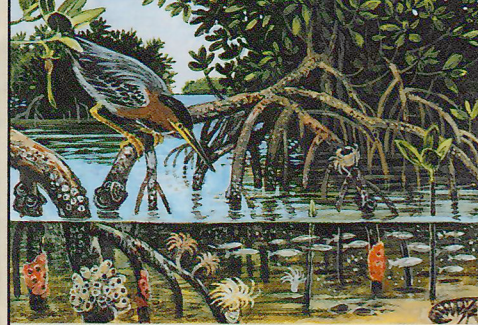
Sea Turtles
Two endangered sea turtles, the hawksbill and the green, are commonly found in St. John waters. The hawksbill (right) comes ashore to dig its nest and lay eggs. After burying eggs in the warm sand, the female returns to the offshore waters. The hatchlings head toward the sea. Despite laws protecting them in many countries, sea turtles are still hunted in some areas for their shells and meat.

Sandpipers and other shorebirds visit the beaches and probe the sand at the water's edge for small crabs, mollusks, and other burrowing creatures that live off morsels of food the waves bring in. Sea turtles spend most of their lives in tropical seas but must come ashore to lay their eggs in sand. Beaches on St. John and throughout the world are essential to the survival of these critically endangered animals.

Migrating Thousands
Can you answer this island riddle? "I live on land and walk about, but I'm always home, in or out." Give up? It's the soldier crab (right), who lives in abandoned shells, mostly the West Indian top shell, locally called whelk. Found all over the island, thousands come down to the beach in annual August migrations to breed and lay eggs at the water's edge.



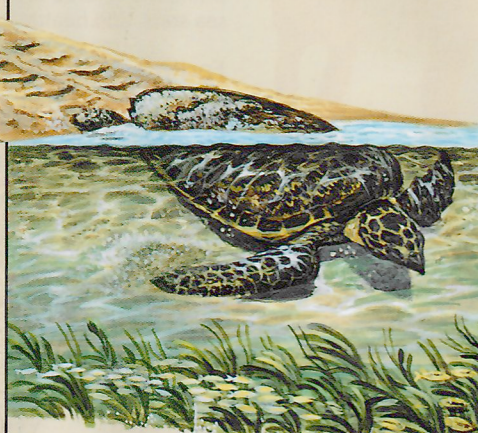
Nearshore Waters



Mangrove Nurseries
In the coastal areas, mangrove swamps are productive nurseries for sea life. In turn, the young fish, juvenile lobsters, and other organisms that live in the maze of underwater mangrove roots provide food for green herons, other birds, and large fish.

Ecologically important mangrove communities edge parts of the island between terrestrial and marine ecosystems. Red mangroves, with their distinctive prop roots, occur in shoreline areas where reefs or bays protect them from waves. Undersea meadows of seagrass beds also prefer these calmer waters.

Mangroves and seagrass beds provide food and shelter to an astonishing variety of organisms. The mangroves' submerged prop roots are encrusted with a colorful array of algae, sponges, anemones, tunicates, hydroids, barnacles, and oysters.



Schools of Grunts
French grunts are one of many reef fish that begin their lives hiding in seagrass beds, where they eat crabs, shrimp, and marine worms.

Adult grunts hover in huge schools (above) over reefs by day, but each night they leave the safety of the reefs and feed again among undersea grasses.

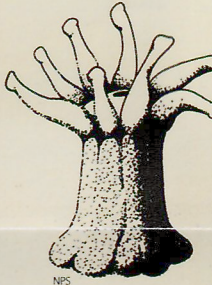
Secure from predators, juvenile snappers, grunts, groupers, doctorfish, and many other species find shelter amid the maze of roots. When older and larger, many venture out to spend the rest of their lives on the coral reef.

Turtle grass and manatee grass predominate in the seagrass beds. Their gently undulating blades provide food for sea turtles, fish, and sea urchins. Also roaming through this area are unusual animals like sea cucumbers, batfish, spotted eagle rays, goldspotted eels, and queen conch.

Coral Reefs

"Magical." "I always see something different." "Unbelievable colors and shapes." These words from snorkelers and divers describe the fascinating underwater world of the coral reefs. Kaleidoscopic changing colors; the variety of unusual shapes; and the diversity of coral, fish, and other life combine to make your exploration of the reef a priceless and memorable experience.

Snorkeling is an excellent way to enjoy this underwater wonderland. Be very observant. Fish, lobsters, and feather duster worms disappear and reappear within mere seconds in one location!



Coral City Builders
A tiny coral polyp, shown left at over 1,000 times its size, is mostly soft stomach, stinging tentacles, and mouth surrounded by a hard limestone skeleton. Working together in huge colonies, these simple animals have built all the world's coral reefs.

Reefs can be compared to underwater cities. Alleys, streets, and cul-de-sacs twist between high-rise coralline structures in which a vacant dwelling is virtually nonexistent. Wispy cleaner shrimp dance about to attract their more-than-willing finned hosts.

By day moray eels, spiny lobsters, crimson squirrelfish, and deflated porcupinefish hole up in reef crevices. At night they come out to feed, and the city transforms into an eerie netherworld where octopi slither and parrotfish seek protection, resting in their veil-like mucus cocoons.

Coral polyps emerge from their stony skeletal homes, stretching their tentacles out to feast on tiny plankton.

All day and night, lacy-looking sea fans, sea whips, sea plumes, and other soft corals undulate in the current. They

Beach Builders
While feeding on algae that grow on coral, parrotfish ingest some of the hard coral skeletons. Later, they excrete the undigested calcareous matter. Each year as much as a ton of sand per acre may pass through the intestinal tracts of reef fish.



Reefs Worldwide
Coral reefs (in red), grow in tropical waters (blue) where sea temperatures are over 70°F throughout the year. All are at risk from climate change and



Snapping Shrimp
Anything but silent, the underwater world gets punctuated by many sounds. Looking for protection at the base of a ringed anemone, a red snapping shrimp

defends its home and stuns prey by snapping its enlarged claw to make a pistol-like sound easily heard by snorkelers.

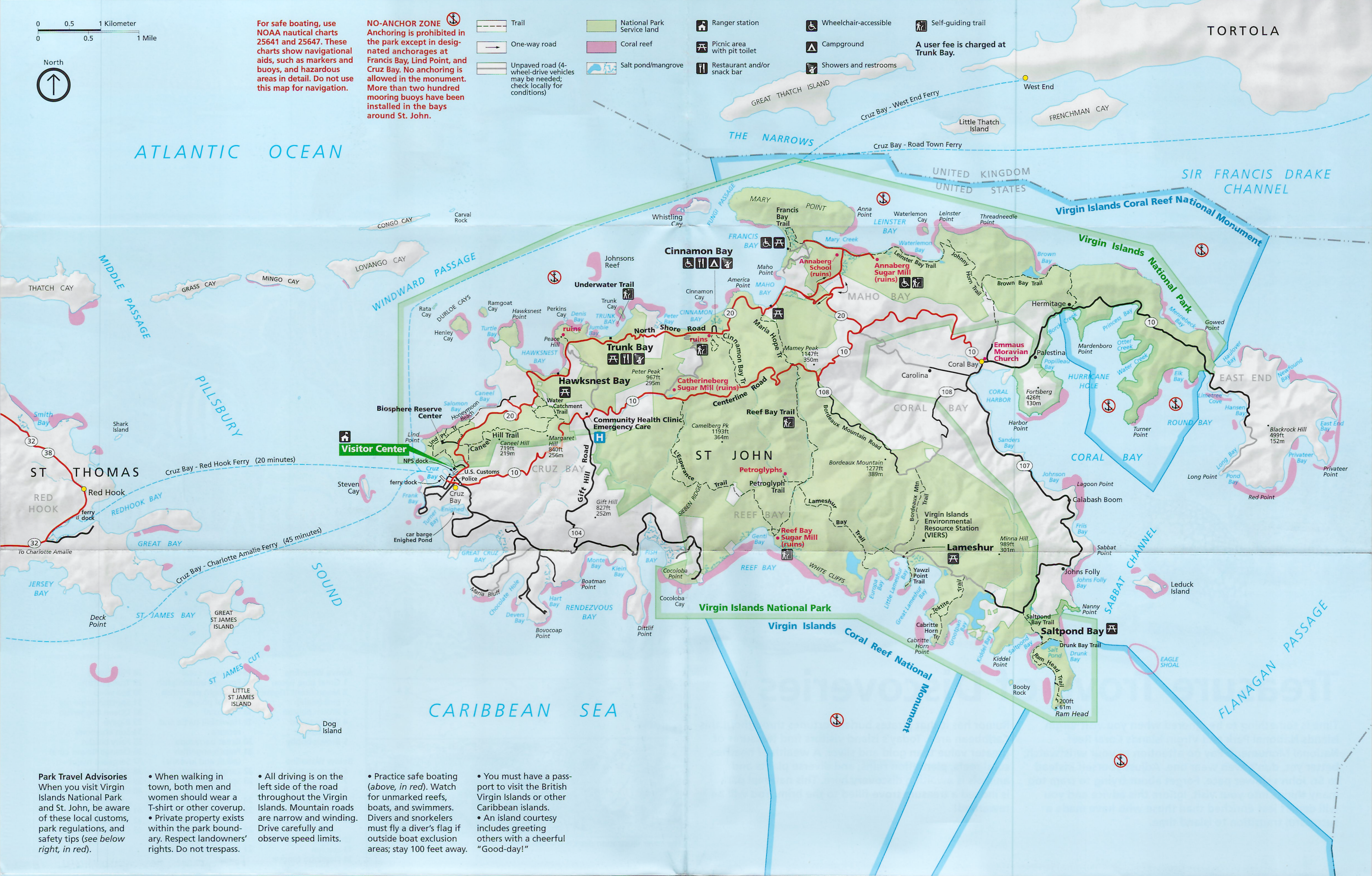
create the appearance of an underwater garden, but nothing could be further from the truth. This garden cannot afford even the slightest damage. The fastest-growing corals grow only two to three inches per year, and large brain corals are hundreds of years old. A carelessly placed anchor or flipper or excessive sediments running off newly cleared slopes can devastate reef life.

Virgin Islands National Park and Virgin Islands Coral Reef National Monument preserve what is fast becoming a disappearing natural phenomenon worldwide.

Fish-Cleaning Fish
At reef cleaning stations, small fish like sharknose gobies eat parasites from larger fish like Nassau groupers, who stop by and sometimes even line up for this special service.



Exploring Virgin Islands



Park Travel Advisories
When you visit Virgin Islands National Park and St. John, be aware of these local customs, park regulations, and safety tips (see below right, in red).

- When walking in town, both men and women should wear a T-shirt or other coverup.
- Private property exists within the park boundary. Respect landowners' rights. Do not trespass.

- All driving is on the left side of the road throughout the Virgin Islands. Mountain roads are narrow and winding. Drive carefully and observe speed limits.
- Practice safe boating (above, in red). Watch for unmarked reefs, boats, and swimmers. Divers and snorkelers must fly a diver's flag if outside boat exclusion areas; stay 100 feet away.

- You must have a passport to visit the British Virgin Islands or other Caribbean islands.
- An island courtesy includes greeting others with a cheerful "Good-day!"

US Virgin Islands



American Tropical Treasures

The three main US Virgin Islands offer tropical pleasures. **St. John**, with Virgin Islands National Park and Virgin Islands Coral Reef National Monument, is least developed. Next door is the tourist hub of **St. Thomas**, with its cruise ship harbor Charlotte Amalie. **St. Croix** has quaint towns and pastoral landscapes.

Island Hopping Ferries run between Cruz Bay, St. John, St. Thomas, and the British Virgin Islands (see large map). Red Hook ferry runs hourly from 6 am (departing St. John) to midnight (departing Red Hook); Charlotte Amalie ferry runs less often. Water taxis are available. Flights connect St. Thomas and St. Croix.

Services and Accommodations Taxis and safari buses operate on St. Thomas and St. John. You can find land, sea, air, and underwater tours and rent boats and snorkeling and scuba gear. Major services are available. Lodging ranges from campgrounds to luxury hotels; reserve ahead. Peak season is December through April. Contact the Virgin Islands Department of Tourism for information: 340-776-6450, www.usviturism.vi.

National Parks on St. Croix Christiansted National Historic Site preserves the architecture of Christiansted from the 1700s and 1800s, when these islands were a Danish colony. Day trips to the island and coral reefs of Buck Island Reef National Monument may include hiking, snorkeling, and glass-bottom boat tours. Salt River Bay National Historical Park and Ecological Preserve is the only site under the US flag where Columbus' crew made landfall. For more information, contact Christiansted National Historic Site: 340-773-1460, www.nps.gov/chri.

More Information
Virgin Islands National Park
Virgin Islands Coral Reef National Monument
1300 Cruz Bay Creek
St. John, VI 00831
340-776-6201
www.nps.gov/viis; www.nps.gov/vicr
Follow us on social media.
Emergency park ranger: 866-995-8467

There are over 400 units in the National Park System. Learn more at www.nps.gov.



Virgin Islands National Park and St. John

Over half of St. John is national parkland; the rest is small towns, shops, homes, and territorial or private lands. The national park and Virgin Islands Coral Reef National Monument protect offshore waters.

Touring the Park

Cruz Bay Visitor Center Start here for information, publications, activities schedules, exhibits, and a gift shop. It is open weekdays except Thanksgiving, December 25, and July 4. Staff can help you plan your visit, including hikes, historical tours, snorkeling, and campground programs. Advance registration and fees are required for some events or activities. Call the park or check the park website.



Getting Around Two-hour, guided island tours begin and end at the public ferry dock in Cruz Bay. They stop at beach and hillside overlooks and remnants of Annaberg and other sugar plantations. Taxis and safari buses serve north shore beaches.

Beautiful Beaches St. John's beaches are ideal for sunbathing. The clear turquoise water is perfect for swimming and snorkeling. The beach at **Trunk Bay** has a bathhouse, snack bar, and snorkel gear rentals.

Cinnamon Bay has restrooms, a bathhouse, and a family-friendly restaurant. The sports center rents snorkel gear, kayaks, and paddleboards. It can arrange day sailing, snorkeling, scuba diving lessons, and excursions.

Hawksnest Bay has changing rooms. It is the closest park beach within driving distance of Cruz Bay. Roads and trails lead to remote beaches. Picnic areas have tables, grills, and restrooms and are wheelchair-accessible.

Underwater Explorations Trunk Bay has a 225-yard underwater snorkeling trail marked by signs that identify coral reef life. Fish may appear tame, but do not feed them; they need a natural diet to survive. Snorkel shops are at Honeymoon Beach, Trunk Bay Beach, Cinnamon Bay Beach, and Maho Bay Beach. Dive shops rent snorkel and scuba gear and run trips to offshore reefs.

Boating and Sailing The US and British Virgin Islands offer hidden harbors, beaches, and diving spots. Charter operations provide excursions from a half day to many weeks, power or sail, and crew or uncrewed. Caneel, Francis, and Maho bays are popular for overnight stays. Contact the park about moorings and their use. Boats are limited to 30 nights in park waters in a 12-month period. Restrictions include seven nights per bay. Rent powerboats in Cruz or Coral Bays on St. John or in Red Hook on St. Thomas.

A Different Time
The Virgin Islands are in the Atlantic time zone. In winter the time here is one hour later than eastern standard time. In summer, when the United States goes on daylight saving time, the time is the same.

Fishing You may fish in Virgin Islands National Park with a rod and reel or hand line, except in designated swim zones and when tied to a mooring ball. Bait fish may be taken by nets; restrictions apply. Spear guns and commercial fishing, including chartered trips and fly-fishing excursions, are prohibited. • Fishing is prohibited in Virgin Islands Coral Reef National Monument, except for bait fishing in Hurricane Hole and blue runner (hardnose) fishing at designated yellow mooring sites near Cabritte Horn Point. You must have a special permit for each activity.

Hiking Trails range from easy walks to difficult climbs and from well-maintained to brushy. Get a trail guide at the visitor center. Guided hikes of Reef Bay Valley (five hours) feature petroglyphs (rock carvings) and the remains of St. John's last active sugar mill. In winter, the Francis Bay Trail offers excellent birding of nearly 160 species of resident and neotropical birds, including white-cheeked pintail duck and mangrove cuckoo. • Stay on trails. Protect yourself from sun, insects, and thorny vegetation. Use sunscreen and insect repellent. Wear a hat and loose clothing.

Virgin Islands Coral Reef National Monument Presidential proclamation created this underwater monument from 12,708 acres of federal submerged lands. Explore by paddleboard, kayak, or charter vessel. Snorkel the bays of Hurricane Hole to discover a unique mangrove ecosystem—a nursery for young marine animals and home to brilliantly colored brain corals, sponges, cushion sea stars, and healthy seagrass beds.

Facilities and Services
Campgrounds Camping is restricted to the Cinnamon Bay Campground. Accommodations include bare tent sites, tent-covered platforms, eco tents, and cottages. Prepared sites and cottages have cooking supplies and linens. A store has food, supplies, and cafeteria. Reservations are recommended. Contact: 340-714-7144, info@cinnamonbayresort.com, and www.cinnamonbayvi.com.

Concessions Food concessions are available at Trunk Bay, Cinnamon Bay, Maho Bay, and Honeymoon Beach.

Accessibility We strive to make facilities, services, and programs accessible to all. For information go to the visitor center, ask a ranger, call, or check the park website. Service animals allowed.



Sugar Plantations Explore remnants of sugar plantations at Annaberg on Leinster Bay Road, Catherineberg off Centerline Road, and Cinnamon Bay (see map above).

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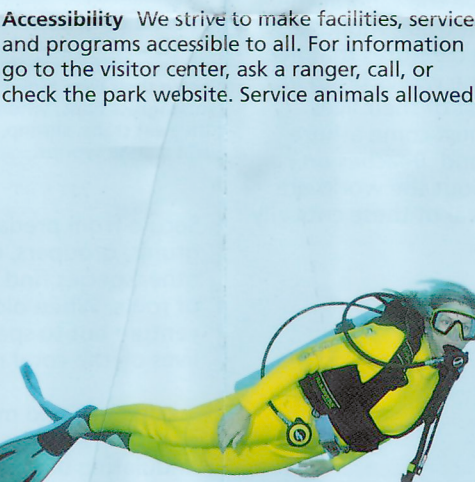
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Scuba diving is not allowed in designated boat channels, shipping lanes, near docks, and in boat exclusion areas. Personal watercraft and waterskiing are not allowed in park and monument waters.

Safety and Regulations

EMERGENCIES AND MEDICAL SERVICES CALL 911. From a cell phone call 340-776-9110.

Protect yourself from overexposure to tropical sunlight. If you burn easily, stay indoors or in the shade 10 am to 2 pm. Wear sunglasses, a hat, and protective clothing like a rash guard. Use reef-safe sunscreen.

Some plants are toxic or poisonous and can cause rashes and illness. Do not touch or taste any unfamiliar plant.

Feral donkeys bite and kick. Do not feed or approach them.

Pets must be attended and leashed and are not allowed at campground, picnic areas, or beaches.

Large, shore-breaking waves, especially in winter on the North Shore, are dangerous. Use extreme caution entering and leaving the water when surf is high. Bodysurfing is not recommended. Never swim or snorkel alone. For your and the reef's protection, do not stand on reefs or touch or scrape coral or other marine life when you snorkel or scuba dive.

Scuba diving is not allowed in designated boat channels, shipping lanes, near docks, and in boat exclusion areas. Personal watercraft and waterskiing are not allowed in park and monument waters.

Smoking, fires, and glass bottles are not allowed on the beach.

Virgin Islands territorial law prohibits public nudity. Defacing, breaking, or removing any natural or historical features on the island or in the water is prohibited.

Do not climb old walls and structures. They can crumble easily. You can be seriously injured.

Lock valuables in your vehicle or take them with you.

It is illegal to litter in park waters or on land.

Using remotely piloted aircraft is prohibited.

Firearms and more info: check the park website.

St. John's Historical Heritage



Taino People
Taino villages once lined St. John's coast. Archeologists have studied such sites to learn about these people, who once lived throughout the West Indies.

The Taino welcomed Christopher Columbus when he arrived, but the Native people were decimated by European diseases and from enslavement and overwork during Spanish colonization.

Cultural Crossroads

Virgin Islands' history can be traced back 3,000 years. Archeological work shows that people who had moved north in canoes from South America lived on St. John as early as 710 BCE (before common era). They hunted animals and gathered food, mostly from the sea. Like its island neighbors, by 100 CE (common era) St. John was home to a small population of Taino who lived in sheltered bays, made pottery, and practiced agriculture.

Columbus may have named the islands in 1493, but there were no European settlements here until the 1720s. Attracted by the lucrative prospects of cultivating sugar cane, the Danes took formal possession in 1694 and raised their flag in 1718, establishing the first permanent European settlement on St. John at Estate Carolina in Coral Bay.

Rapid expansion followed. By 1733, virtually all of St. John was planted in sugar cane and cotton. As the plantation economy grew, so did the demand for slaves. Many people captured in West Africa were tribal nobles and former slaveholders themselves. They revolted in 1733, killing European families throughout the island. The Africans controlled St. John for six months until subdued by French troops from Martinique.

Emancipation of enslaved people in 1848 and a population drop contributed to the decline of St. John's plantations. By the early 1900s, cattle and subsistence farming and bay rum production were the main occupations.

Century of Change A 1900 report said, "Of white people there are only a Danish official who is stationed there as a local judge and Chief of Police, and a few missionaries, who attend to the spiritual welfare of the 900



Annaberg Sugar Mill factory buildings tell Remnants of the wind- the story of sugar prom- uction at Annaberg. EASTERN NATIONAL PARK AND MONUMENT ASSOCIATION

negro inhabitants of the island." Decades later, sleepy St. John caught the public eye. By the 1930s, word of this Caribbean paradise spread, and the tourist industry took off.

In 1956, the Rockefeller family's interests bought land, giving it to the US federal government for a national park. In 1962, the park was enlarged to include 5,650 acres of adjacent offshore marine habitat. Virgin Islands Coral Reef National Monument was created in 2001 to protect over 12,000 acres of underwater habitat.

Today, the park works with local, stateside, and Caribbean-wide conservation-minded interests to preserve the area's natural and cultural resources. The park is also part of the **Network to Freedom program**: Enslaved Africans used waterfront at Leinster Bay to escape to islands of the United Kingdom, the first government in the area to end slavery. As the future unfolds, the park and the territory strive to ensure the preservation of the park's outstanding natural resources and America's tropical treasures.



At Work and Play Sugar cane (left) is no longer harvested on St. John although it is on some islands. A St. Johnian makes traditional market baskets out of local hoop vine (above). Steel bands, mocko jumbies (right), and other masqueraders celebrate "mas" each July 4 in a dazzling carnival parade on St. John.

