

WildQuest

All You Need To Know | WildQuest Retreat Information

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Book Tip

Read **“Voices in the Ocean”** by Susan Casey. There’s a copy waiting in your room at WildQuest too.

WQ Videos & Photos

Tune into WildQuest’s [Youtube Channel](#) for breathtaking videos and subscribe to WildQuest’s [FlickR Feed](#) to see weekly updates.

Well Done Dolphin-Lover

You did it! Booked the holiday of a lifetime, one you’ll never forget. A vacation for transformation. That’s smart.

WildQuest is as much about coming together as one human pod as it is about meeting pods of beautiful dolphins. We hope you’ll love how we all take care of each other, where kindness is key.

Gentled, relaxed and heartfelt is the magic that binds us. It’s what we want you to take back home with you and live everyday. We’d bottle it up if we could, but it’s best carried in your heart.

To make your time at WildQuest truly memorable, here are a few things to do and remember. Some mystical, some practical, all useful. Read on and get in the mood.

The Human-Dolphin Connection

WildQuest is a wilderness experience, so turn your chilled-out nature-radar up and move with awareness, sensitivity and minimal intrusion. We don’t touch, feed, chase or do anything that might disrupt the dolphin’s natural behaviour.

WildQuest is for people who care to experience wild animals in their natural environment.

You are guests in the dolphins’ home. You’re invited to meet them on their terms, when they feel like it, at their invitation.

Dolphins are free and wild. If they choose to come close, that will rock your world. It’s an act of trust, a privilege and a blessing!

Sites of Interest

There are several esoteric sites to be explored, that folklore claims have mystical properties.

Healing Hole > On East Bimini, lies a 6 km saltwater, mangrove swamp. Here is what the locals call the healing hole which marks the end of an underground network of freshwater tunnels, pumping cool, curative, mineral-laden springs of sulphur and lithium into a pool, anyone can enjoy.

Bimini 'Atlantis Road' > Off the west coast of North Bimini, snorkelling and free-diving reveal underwater rock formations, all in a line, under 18ft of water. Could these be the remains from the lost continent of 'Atlantis' as predicted by one of the famous prophesies of Edgar Cayce, who claimed the lost City would rise again at this spot?

Fountain of Youth > The sixteenth century Spanish explorer Juan Ponce de León led the first successful expedition to Florida, in search of the Fountain of Youth and made reference to its location on Bimini. Islanders suggest it might be the small freshwater well that emerges from the shallow pools on South Bimini, marked by a commemorative plaque on the road to the Airport.

The dolphins and weather are in charge.

A week at WildQuest is like getting a PhD in living in the moment. Acceptance 'as is'. It's a splendid skill you can use anywhere.

We're awesome but we don't have superpowers—we don't command the weather or the dolphins.

Every day on the boat is unique. We're on the water about seven hours each day on our catamaran DolphinQuest. All that fresh air and open ocean! Some days the dolphins are all around us and we swim together for hours. Magical and mystical.

Other days the dolphins hang around for only for a few minutes. They've got stuff to do, like feeding, resting or playing together. Some days we may not see them at all. We do all we can and there's no guarantees.

We're pretty good at spotting them. Which is why in Bimini, since 1999 on average, we've seen the dolphins four days out of five.

Keep reading, you'll be glad you've sorted out the practical stuff before coming.

Here's to a fantastic and fun retreat!

Love from Nala and the WildQuest Crew



Things to Do Right Away

Sort out your Insurance and find your Travel Documents.

You've got to get this done anyway, so do it early to avoid last-minute stress. Then you can chill with a ticked-off checklist.

Insurance: Travel, Medical and Cancellation

Get it covered. You must have a valid travel insurance policy, which includes emergency medical evacuation coverage. Check www.insuremytrip.com to compare policies/prices.

If you have a pre-existing medical condition and/or you want a comprehensive policy, check the fine print. Your insurance company may require you buy insurance within 24 hours of initial payment to WildQuest. Devil's in the details as they say, so best check.

Insurance is for unexpected issues. Like when vacation plans have to be cancelled due to illness, family emergency, pandemic or other situations out of your control.

There's also a chance that a WildQuest program has to be cancelled due to conditions beyond our control, like weather or other adverse conditions.

WildQuest will only cancel a program because of severe weather once NOAA has issued a tropical storm or hurricane warning for our area. That means such conditions are expected within 36 hours.

No refunds, reschedules or replacements for a WildQuest program are available, sixty days or less before the start date of your booked retreat. That's why we highly recommend you get insurance that covers you for all possibilities. Better safe than sorry.

We also recommend your insurance covers the total cost of your vacation, including all flights.

Please bring access to of your insurance policy with you.

Travel Documents

Everyone must have a valid passport to enter The Bahamas. In general, visas are not required for The Bahamas. You get stamped on arrival.

Double check with your Bahamian Consulate, or at www.bahamas.com/entry-requirements. There may be different requirements based on when and where your passport was issued.

Most of our 'human pod' as we affectionately like to call you, meet in Fort Lauderdale, Florida before heading to The Bahamas, so check if you need a visa for entry into the US and/or additional passport requirements. More information about entry into the US can be found at www.dhs.gov/visa-waiver-program-requirements

Getting to the Hilton Fort Lauderdale Marina

1881 SE 17TH Street, Fort Lauderdale, 33316

Phone: 1-954-463-4000

Website: [Hilton Fort Lauderdale Marina](#)

> From Fort Lauderdale Airport, Florida (FLL)

Taxi

- About \$25, for the 20 minute ride to the hotel.
- The quickest and easiest way.
- Taxi stand is outside Baggage Claim. For more info on shuttles and taxis, check www.fortlauderdaleinternationalairport.com/airport-shuttle-taxi-rates.htm

> From Miami International Airport, Florida (MIA)

Super Shuttle

- About \$35 per person.
 - Takes 1-2 hours, make many stops.
 - See the Super Shuttle agent in the yellow T-shirt just outside the Baggage Claim area.
 - Groups. Hire a private shuttle for \$110 for up to 10 people.
- Check www.miami-airport.com/hotel_shuttles.asp

Taxi

- Approximately \$90 for up to 4 persons. Faster and more direct.

Tri-rail

- www.tri-rail.com
- Get off at Fort Lauderdale station and take a taxi (approx. \$25) to the Hotel.

Hilton Fort Lauderdale Marina

Sunday (First Day)

Your room is reserved at the Hilton Fort Lauderdale Marina, a four star hotel, on the intercoastal waterway.

With high speed internet in your room, access to pool or beach - yes, the beach transportation is complimentary - and Pool/Beach towels which are also provided it will make your stay Snazzy.

And if needed the baggage storage is complimentary as well.

- Check-in time is 4:00 pm. All rooms have a marina view with balcony and are non-smoking.

Extra Nights

- Book any extra nights before or after your retreat at the Hilton Fort Lauderdale Marina through our reservations office. Cost from \$240/night including taxes.

Fort Lauderdale to Bimini

I) Our Recommended Way of Travel - Charter Flight Package

When you have booked your island flight with WildQuest's recommended Charter company then all transportation from the Hilton Marina hotel to WildQuest in Bimini is included in the flight price when travelling with the group and the journey will be as follows....

Monday Morning

The shuttle bus picks you up at the Hilton Fort Lauderdale Marina (around 7 am, yes it's early but you'll be so excited!) and takes you to the airport for your private charter flight to Bimini. Nice and easy does it.

Flight time is 25 minutes. It's really fun on this small plane flying over the Gulf Stream, just a short hop to Bimini. You can see the white crests of the waves below. Dolphins are usually too small to spot this high up!

The Charter Company

Our recommended private charter company may change from time to time. You will be getting their details two weeks before the start of your retreat.

Luggage

The island plane has a weight limit. Your total allowance, including carry on, is 40 lb/18 KG. Please pack lightly. Do you really need **ALL** those T-shirts?

Excess baggage

If your luggage goes over the weight limit, you may have to pay for it. It's all about safety, the small plane cannot exceed maximum weight load. Same goes for the return flight.

Soft-sided small/medium bags are best. So they can get squeezed into the plane's small luggage storage area. No single bag or item may exceed **62 linear inches** (length+width+height).

Arrival in Bimini

Upon landing on Bimini, you will clear Bahamian Customs. We take a van taxi and a short, fun, water taxi ride to the North Island. On North Bimini, another van taxi will take us to WildQuest's Retreat Centre located in the small fishing village of Porgy Bay. If everything is on time you will be arriving at the WildQuest Retreat Center around 10am on the Monday morning.

Welcome to our small, funky home. Let the festivities begin!

II) Arranging Your Own Transport

If you choose to arrange your own transport, you are responsible for all your own transfer costs to and from the WildQuest Retreat Centre. The retreat starts at 10 am on the Monday morning, so be sure to arrive then!

Flight options include [Tropic Ocean Airways](#), [Aztec Airways](#) and [American Airlines](#). The ferry option is [Balearia Caribbean](#). If needed, you may request Saturday/Sunday night lodging at WildQuest for \$190 additional, per room, per night.

WildQuest takes no responsibility for these options. Read all fine print and ensure adequate travel insurance coverage. Please let WildQuest's [reservations office](#) know your Bimini arrival and departure times at least 30 days before the start of your retreat.

Your Week at WildQuest

Welcome! Our program is a group retreat/wilderness experience, designed to re-connect us with ourselves, each other and the dolphins, in a loving supportive environment.

Day Trips

Yipeee, here we go! We go out to the dolphin grounds Monday to Friday on our catamaran DolphinQuest, weather permitting.

We leave late morning (gives you time to do yoga/mediate/ explore) and return around sunset in time for dinner, subject to tides and weather. The boat has plenty of shade, viewing spots and space to move around. For safety reasons, no smoking on the boat.



Sunscreen. Sunscreen. Did we say sunscreen? And remember your feet!

Accommodation



Guest rooms are large, basic and clean. Furnishings are modern and modest. All the rage!

All rooms are non-smoking with a small fridge, air-conditioning, a hair dryer and private bath. Electrics and plugs are the same as the U.S (110V).

Sometimes there are power and water outages on the island. Sometimes there's not enough pressure

for the shower, just when you really want one! Remember that ‘acceptance as is’ approach?

Single room

We have a few on first come first served. The cost is \$550/week, including Sunday night at the Hilton Fort Lauderdale Marina.

Ocean View

Fancy an upgrade to a room with stunning view? Sunrises overlooking the bay are spectacular.

There’s only a few. First come, first served. The cost is \$260/room/week, \$130 each shared.



Stay for two weeks

Why not? You’ve come all this way! Double the incredible.

Stay at WildQuest Retreat for \$140/room for Saturday night. Sunday night is included in the cost of your second week.

You’re on your own for food and entertainment over the weekend. Explore local restaurants and enjoy the island! There’s loads to do – www.wildquest.com/program/location/bimini-island

Snorkelling

We fit you with fins and masks the first day and give you instructions, if you need it.

It’s important to use top quality equipment as it affects the experience. Best are ‘dry’ snorkels and silicone masks. We rent top quality snorkel equipment for \$30/week (\$10 for fins, \$20 for mask & snorkel).



It’s really worth practicing breathing through the snorkel in a pool before you come if you’re a novice—the more comfortable you are in the water, the more fun you’ll have in the open ocean.

We are also enthusiastic about helping new water babies to discover the underwater world! We have plenty of flotation devices and there is help if needed.

During the week we may snorkel the famous “Atlantis Road”, weather permitting. Edgar Cayce and many others have written of the Bimini Atlantean legends. We will visit other great snorkelling spots too.

The Island

WildQuest Retreat is in the small fishing village of Porgy Bay, on the North Island.

A typical 'Caribbean funky' low-key, laid-back island. The locals are friendly and everyone knows each other in this small, tight-knit community. And then there's the gasp, when you see those turquoise, crystal-clear warm waters for the first time.

A few cafés serve good local food and pizza. Small stores cater for the islanders' needs, so choices are limited. Bring anything 'special' you may need. Pick up local souvenirs at the Straw Market or a local tourist shop.



Night Out

We have one 'night out' at a local restaurant. Feel like a local, feasting on lobster (in season), fish and conch. Then there's time to let loose on the dance floor to island tunes. This dinner out is NOT included in the program cost. It works out about \$55-\$65/person.

The Dishes

Our retreats are all about building a human pod of togetherness. That means volunteering to help with the dishes on the nights we eat in. The more you give, the more you get kind of idea. And it's just fun to hang out.

Food

All meals (breakfast, lunch & dinner) are covered in your program cost. Except the Sunday night dinner and Monday morning breakfast in Fort Lauderdale and the night out on Bimini.

Our cooks are pretty incredible, magicians at making tasty, healthy meals using organic ingredients where possible.



We cater for special diets including dairy and gluten free, vegetarian and vegan. We can also cater for several allergies. However if you have an airborne allergies we are not able to meet this.

- **Breakfast** usually includes your choice of eggs, granola, cereal, fruit, breads, orange juice, tea and coffee.
- **Picnic lunch** is a buffet of salads and sandwiches. Pack it yourself and take it on the boat.
- **Dinner** includes a vegetarian dish and either a seafood or chicken entrée. And dessert of course.
- **Coffee and tea** are always available with regular & non-dairy milk and honey.
- **Filtered drinking water**, orange juice and iced tea are also supplied.
- Other than that, please bring any special foods you might need.

Weather

- From April to November air temperature averages 80-95°F (26-34°C). That's hot!
- It's cooler on the boat with that delicious ocean breeze.
- Water temperature is 77-85°F (25-30°C).
- Summer storms and rain showers usually only last about an hour or two.

In the tropics, hurricanes are possible. Since 1995 we have had to cancel nine programs due to wild weather. It's very unlikely, but hurricanes do happen, which is why it's essential you have travel/cancellation insurance that covers this possibility.

Sessions

Enjoy a **Massage**. We have two excellent body-workers on the WildQuest team.

Many guests say having a massage chills them out completely and makes for beautiful, relaxed days. All individual body work sessions cost \$120. Go on!

Morning and evening group sessions may be offered each day, depending on your program. Costs are included in your program and it's up to you if you want to join in.

Paying for Stuff on the Island

Islanders prefer cash, but you can use credit cards in some places on the island and also to pay for things not included in your retreat program – www.wildquest.com/program/practicals/whats-included-not.

- US and Bahamian dollars are accepted pretty much everywhere.
 - Exchange rate is one US Dollar equals one Bahamian Dollar.
 - An ATM machine is a short taxi/golf cart ride away from the Retreat. Island ATM's are unreliable so cash up before arriving in Bimini.
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Gratuities

Tips and gratuities are normal for all service personnel in The Bahamas and USA. E.G. Hospitality: 15-20%, Taxi/shuttle drivers: \$1-2, Hotel valet: \$3.00.

WildQuest Crew Gratuities

WildQuest is a service industry and gratuities are a major part of a crew member's salary.

Few other recreational activities rely so heavily upon the professionals in charge for your enjoyment and safety. We hope you'll want to thank all the loving staff who take such kind care of you, every step of the way.

A gratuity of 15% of the program cost is customary. Many generous guests leave more when they feel the service was outstanding.

Cameras

Cameras, selfies and GoPro sticks can get in the way of really meeting the dolphins. Remember being in the moment?

Every week our photographers (they're really good) capture all the magical moments and meetings. Leaving you free to enjoy.

Photos are available as a digital download for \$95. See our [Flickr account](#).



Things to Bring

It's HOT! You only need a few light clothes and sandals. Remember the island plane weight limit of 40lbs / 18kg per person!

Bring a towel for the boat/beach and at least a couple of bathing suits is wise. A hat, T-shirts, shorts, maybe a long sleeve t-shirt or light shirt to cover you from the sun, sarongs/wraps, light rain jacket, a journal, polarised sunglasses, insect repellent and special food requirements and medications. Remember, a special something for the night out on the town!

SUNSCREEN: Please do not bring any sunscreens with AVOBENZONE or OXYBENZONE as an ingredient. Check your sunscreen under 'ACTIVE ingredients'.

AVOBENZONE (also known as Parsol 1789, Eusolex 9020, Butyl Methoxydibenzoylmethane) reacts with our iron rich water on Bimini. This creates bad stains on the boat, linens and your clothing which are very difficult to remove.

OXYBENZONE has been determined by ocean researchers to be harmful to coral reefs, so check this website for reef-friendly sunscreen suggestions without avobenzone or oxybenzone: <https://www.ewg.org/sunscreen/best-sunscreens/best-beach-sport-sunscreens/> Thank you for your help.

Also sunscreen in spray bottles, either hand pump or aerosol, are not allowed on the boat. Wind can carry the spray all around the boat making it slippery.

Just in case you missed this the first time, when you're on the boat remember to sunscreen your feet too! It's never pretty if you forget.

April/May and October are cooler. So throw in a sweater, sweat pants and a rash guard or small wetsuit if you are sensitive to the cold.

We have WildQuest rash guards for sale for \$55, which are really cool. A veritable fashion statement.

Bimini to Fort Lauderdale – Saturday

When you have booked your island flight with WildQuest’s recommended Charter company then all transportation from WildQuest in Bimini to the Fort Lauderdale Executive airport is included in the flight price when travelling with the group and the return journey will be as follows....

We get you back to the airport the same way you came. But by now, you’ll be dolphinized, chilled, tanned and hopefully blissed-out. You should clear customs at Fort Lauderdale around 11:00 am.

You don’t want to rush and stress to catch your flight home, so book it after the times below to make for a relaxed connection: *Please check with your airline if you need more time.*

- From Fort Lauderdale International Airport (domestic flights) After 1:30 pm
- From Fort Lauderdale International Airport (international flights) After 2:30 pm
- From Miami International Airport (domestic flights) After 3:30 pm
- From Miami International Airport (international flights) After 4:30 pm

If you arranged your own travel, the retreat ends at 8.30am on Saturday morning after breakfast.

A Reminder of What is/is not Included

What’s Included

- All accommodations (Sunday night in Fort Lauderdale and five nights on the island based on double occupancy).
- Boat trips (5 days out weather permitting).
- Most meals (but see what’s not included).
- Group sessions will be offered each day depending on the focus of your particular retreat.
- Complimentary use of kayaks and bicycles.
- Wifi connection, where available.
- Drinking water and Hot beverages at WildQuest Retreat
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What’s Not Included

- Travel costs to/from Fort Lauderdale, Florida.
- Travel costs to/from Bimini.
If you book with WildQuest’s recommended Charter company as your carrier, their all inclusive cost is approximately \$527 + \$105 cash payable at departure from Bimini (\$42 Customs and Security Fee + \$63 Airport Tax *subject to change).
- Crew gratuities 15% of the retreat cost.
- Single room and ocean view room upgrade. Call us for details.
- Sunday dinner and Monday breakfast in Fort Lauderdale and one group dinner out on Bimini.
- All individual body work sessions. The cost is \$120 for an hour.
- Rental of snorkel equipment is \$30 for the set or \$10 for fins only.
- Retreat photos are \$95.
- Travel Insurance (for questions call the reservations office).

Good to Know

Complimentary bikes are the most comfortable way to get around on the island. If you want to explore the sea by kayak, we have a couple you can borrow.



Emergency Contact

Let your family and loved ones know:

- Call the US office +1 (561) 964-9466. Hours 11am - 5pm EST Monday - Friday.
- Outside office hours please call:
WildQuest Retreat, The Bahamas on +1 (242) 347- 2374, EST time zone.

That's it. Are you excited? We are.

We look forward to meeting you in Bimini!



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Reservations: USA/Canada (800) 326-1618 | All Others + (1) 561-964-9466
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