

ERIN CURTIS

# Wellness in Bermuda

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/bermuda](https://learnbyadventure.worldstrides.com/bermuda)



## DAY 1

Saturday, June 25, 2022

### Daily Theme: Beginnings

- \* Arrive at the hotel by your arrangements—please plan to arrive around 3 p.m. AST. If you arrive before check-in, the hotel will allow you to store your bags.
- \* We will be staying at the Grotto Bay Beach Resort:
  - The resort sits on a lush tropical estate featuring dramatic caves along the water's edge in Bailey's Bay. Scattered over 21 acres and sloping down toward two private beaches are 11 colorful cottages in traditional Bermudian architecture overlooking the clear turquoise waters dotted with small islands.
  - Swim in the shallow waters off the private pink sand beach, in the freshwater pool, or enjoy the outdoor Jacuzzi situated among a lush garden above the beach. Sail, snorkel, paddle board, dive ancient wrecks, or explore the delicate coral reefs. Play tennis night or day, work out in an ocean-front gym, or get pampered in a 500,000-year-old cave spa.
  - The resort is conveniently located within five minutes of L.F. Wade International Airport.
  - We will be taking part in the all-inclusive package, which includes:
    - Breakfast, lunch, and dinner at 3 restaurants with Bermudian-infused menus
    - Theme night weekly buffets
    - Unlimited beverages at 2 bars
    - Underground swimming cave
    - Water sports equipment (kayaks, paddle boards, snorkel gear, etc.)
    - Public transportation pass for island-wide bus and ferry service
    - Unlimited day or night tennis court time
    - State-of-the-art fitness center
    - Inflatable water park (seasonal)
    - Afternoon tea with fresh baked goodies
    - Food and beverage service gratuity
- \* Tonight, we will have a happy hour with Erin and the rest of the guests on your WorldStrides trip. Enjoy a few drinks, have dinner at the Bayside Grill and Bar, and enjoy the beautiful sunsets along the water.



ERIN CURTIS

# Wellness in Bermuda

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/bermuda](https://learnbyadventure.worldstrides.com/bermuda)

## DAY 2

Sunday, June 26, 2022

### Daily Theme: Food & Drink

- \* Today, Erin will join the group for Sunday brunch, which has become a staple in Bermuda and at Grotto Bay. Come enjoy a few mimosas at the bar and the full brunch buffet of assorted cheeses & cold cuts, salad bar, cod fish & potatoes, black truffle mac 'n' cheese, carving station, and omelets and waffles made to order. There will also be live entertainment: Toni Bari on the grand piano in the Hibiscus Dining Room.
- \* We will take a few hours around the hotel to digest and relax before Erin and the group will head to our next activity: a Bermuda local cooking class! Upon arrival, you'll receive a welcome snack and drink while the chefs introduce themselves to you. You'll head to your mobile kitchen stations to go over the menu and, with guidance from one of the chefs, you will prep, produce, and plate your delicious meals. The group will then enjoy the meal that they created in a beautiful dining setting with the company of your "classmates." The classes normally take around three hours.
- \* After enjoying all that amazing local food, we will need to partake in one of Bermuda's top exports, rum! Join Erin on a rum tasting cruise! Depart the pier area on your boat and cruise around the calm waters of the Great Sound, viewing beautiful homes and tranquil bays while learning about the rich history of Bermuda, local traditions, and the story behind Gosling's Rum, Bermuda's oldest business. You will be provided a 'rumologist' who will introduce you to a local liqueur and three different local rums, as well as let you sample the tasty, locally made rum cake. Your knowledgeable expert will prepare Bermuda's national drink, the Dark 'n' Stormy, and explain to you the true secrets of the Bermuda Rum Swizzle.
- \* Enjoy dinner on your own and then turn in early or keep the party going! Enjoy your evening!



## DAY 3

Monday, June 27, 2022

### Daily Theme: Wellness

- \* We will start the day with a 45-minute meditation class led by Erin! Continue your holistic wellness routine as Erin guides you through mindfulness and relaxation.
- \* After meditation, please enjoy breakfast on your own (included in your package) and relax at the hotel, around the pool, or at the beach.
- \* This afternoon, Erin will facilitate an anxiety workshop with the group. As featured on some of Erin's social media posts, an "anxiety toolkit" is a cognitive behavioral therapy technique that helps with anxiety on the go. Anxiety can crop up when we least expect it, and so having some helpful items and skills to prepare for these moments can make a world of difference. Using evidence-based CBT strategies, the workshop will be a guided creation of your own personalized "toolkit," which will include a variety of sensory items, therapeutic objects, and coping strategies that are portable and accessible wherever you go.
- \* Take the rest of the afternoon to reflect upon your experiences, your session with Erin, and this amazing opportunity.
- \* For dinner, join Erin at the Bayside Grill and Bar for the Monday Island BBQ, which couples the island-themed BBQ with Bermuda Classics such as seafood paella, black eyed peas and rice, corn on the cob, and a grill station featuring Mahi Mahi, baby back ribs, and jerk chicken. Dinner will be accompanied by local entertainment.
- \* After dinner, we will mingle with hotel managers at the Manager's Rum Swizzle reception and enjoy an evening of drinks, dancing, and merriment. After the reception, Erin and the group will enjoy a night of drinks, dancing, and comradery! Don't worry—tomorrow we will take it easy.

ERIN CURTIS

# Wellness in Bermuda

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/bermuda](https://learnbyadventure.worldstrides.com/bermuda)

## DAY 4

Tuesday, June 28, 2022

### Daily Theme: Relax

- \* Today, you'll enjoy a full day enjoying the hotel and all that it has to offer. Enjoy all the activities included, indulge in tasty meals, and relish in your adventure. If you wanted to visit the spa, today would be a great day to do so. Did we mention the spa is in an underground grotto?
- \* We will get back together this evening to enjoy dinner together at the Hibiscus Restaurant, where you can enjoy traditional European cuisine with a Bermudian flavor. Elegant soft hues of coral, beige, and crisp white echo a tropical sophistication in the newly decorated and renovated formal dining room.

**Dinner Dress Code:** Dress code is smart casual. Males wear collared shirt, jacket and tie optional. Jeans, sneakers or trainers, flip flops, shorts—unless Bermuda shorts—are not permitted.



## DAY 5

Wednesday, June 29, 2022

### Daily Theme: Joy

- \* We will start the day with a beginner's yoga class, taught by Erin. Join in on this proactive holistic wellness routine by joining Erin and the other guests for a 45-minute yoga session.
- \* After yoga, please enjoy breakfast on your own (included in your package) and be ready to head to the beach around 12 p.m.
- \* We want to start our retreat with a low-key day at the beach with Erin—enjoy any of the many options, including paddleboarding, snorkeling, or swimming in the roughly 80-degree ocean!
- \* Grab lunch and drinks any time you want—again, it's all included in your package!
- \* Enjoy some free time in the late afternoon enjoying the pool, staying at the beach, or grabbing a game of tennis.
- \* From 7-10 p.m. join Erin and the group for Harbour Nights—the street party in downtown Hamilton. The City of Hamilton's main drag is closed off to traffic so that you can experience al fresco dining, check out the wares of local artisans, dance along to Bermuda Gombey, and more. Mix, mingle, and party! Bermuda's famous Gombey dance troupes set the tone for Harbour Nights. Decked out in colorful costumes and headdresses, the performers groove their way down Front Street to the infectious sound of goatskin drums, beer-bottle fifes, and tin whistles. The Gombey combines African, Bermudian, and British traditions in a fascinating, spirited way. Performers appreciate a little donation if you've got it—the money goes toward making sure those elaborate costumes stay in top shape.

ERIN CURTIS

# Wellness in Bermuda

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/bermuda](https://learnbyadventure.worldstrides.com/bermuda)



## DAY 6

Thursday, June 30, 2022

### *Daily Theme: Nature*

- \* After breakfast on your own, get ready to explore nature.
- \* We're going to go on a nature hike with Erin around Walsingham Nature Reserve. Walk lush forest trails, swim in translucent blue waters, and explore subterranean caves at this 12-acre reserve that is locally known as Tom Moore's Jungle, named for the Irish poet who favored the area for writing. Along the trails you'll see mangroves, several bird species, and natural swimming grottoes like the famous Blue Hole, part of Blue Hole Park, which is located within Walsingham Nature Reserve. Before leaving, pay a visit to Bermuda's oldest restaurant, Tom Moore's Tavern—housed in a 17th-century estate at the edge of the reserve (this meal is not included in your package).
- \* After we get back to the hotel, we'll freshen up and head out on a private snorkel cruise. This four-hour private snorkel adventure is great for novices or the experienced snorkelers who want to get out on the ocean and explore Bermuda's underwater marine life. This private snorkeling charter will also take you past several local hot spots around the island with opportunities to spot sea turtles, Bermuda longtail birds, historic landmarks, pink sand beaches, and more. Whether you choose to snorkel our beautiful vibrant coral reefs, hover over sunken shipwrecks, swim with fish, or explore the ocean floor for lost treasures, our private snorkeling adventure will you lasting memories of your time spent in Bermuda.
- \* Tonight, Erin and the group will enjoy a beach bonfire with s'mores, great conversation, and live music with Erin on her guitar.

## DAY 7

Friday, July 1, 2022

### *Departure*

- \* Enjoy breakfast before check-out. Our time together has come to an end. Say goodbye to Erin and the rest of the group before heading to the airport to catch your flight.

ERIN CURTIS

# Wellness in Bermuda

7 DAYS / 6 NIGHTS

[learnbyadventure.worldstrides.com/bermuda](https://learnbyadventure.worldstrides.com/bermuda)

## INCLUSIONS

- \* Private shuttle and motorcoach transportation
- \* Tours and activities as noted
- \* Breakfast, lunch, and dinner daily + 3 nights of bar credits
- \* A full-time professional Tour Director
- \* Hotels as noted, double occupancy

## EXCLUSIONS

- \* Airfare
- \* Any activity or meal not specified in itinerary

## PRICE (BASED ON DOUBLE OCCUPANCY)

- \* \$4,495