



EXPLORE RESPONSIBLY

WELCOME TO VIRGIN ISLANDS NATIONAL PARK

Experience the breathtaking beauty of St. John. Make your stay both enjoyable and sustainable by following these helpful tips:

- **Leave No Trace.** Take only memorable photos and leave the place better than you found it.
- **Respect Wildlife.** Keep your distance and avoid feeding or touching turtles, donkeys, fish, birds, and other animals.
- **Stay On Trails.** Protect the park's ecosystems and historic sites by sticking to marked paths.
- **Stand Only On Sand.** Coral are fragile animals that damage easily and can sting.
- **Use Reef Safe Mineral Sunscreen.** Sunscreens with active chemicals damage reefs and are banned in the Virgin Islands.
- **Pack In, Pack Out.** Use reusable containers, avoid single use plastic, and take all trash with you.
- **Educate Yourself.** Learn about the rich history, culture, and natural wonders of the Virgin Islands.



**HELP PROTECT THIS BEAUTIFUL PLACE
DONATE OR BECOME A MEMBER**

WWW.FRIENDSVINP.ORG



LEARN. EXPLORE. VOLUNTEER.

SEMINARS, HIKES, CULTURAL DEMONSTRATIONS & MORE

Experience the gifts of Virgin Islands National Park through a series of hikes, seminars, demonstrations, chats and boat trips. Friends of Virgin Islands National Park runs over 400 events from October to June. Check out our website for a detailed daily calendar of what's on.

VOLUNTEER ON OUR TRAILS

Volunteer on the walk up trail crew every Tuesday and Thursday through the end of May and help us maintain trails and more. Work locations are posted on Mondays on our home page and on [Facebook](#) and [Instagram](#).

PLAN YOUR SNORKEL GUIDE

Your guide to exploring the underwater beauty of St. John. Whether you're a seasoned snorkeler or a newbie, our app helps you plan your snorkeling adventures with maps, descriptions of all the best spots, and a fish, coral and creature identifier. Visit www.friendsvinp.org/snorkeling



STOP BY THE VISITOR CENTER AND PARK STORE

The National Park Visitor Center & Park Store in Cruz Bay is open Monday to Thursday from 8:15am to 4pm and on Friday from 8:15am to 1:30pm. Proceeds support natural and cultural resource protection and preservation.



Follow us on instagram & facebook or
Visit our website for detailed event
calendar & more

www.friendsvinp.org

USEFUL NUMBERS

- Emergency Response. Call or text 911 or call (340) 776-9110.
- NPS Park Ranger Hotline | (866) 995-8467
- NPS Visitor Center, Cruz Bay (340) 776-6201 | VIIS.Interpretation@nps.gov
- Visitor Center Park Store, Cruz Bay (340) 693-7275 | parkstore@friendsvinp.org
- Report Sea Turtle Nesting Activity VINPturtles@friendsvinp.org | (760) 470-8995
- Report Injured Turtles Throughout the USVI STAR Network | (340) 690-0474
- Report Injured Donkeys, Birds, etc. St. John Wildlife Rehabilitaton (340) 643-9453