



**Cove Hopping South to Panama** Begins at anchorages in S. Calif Channel Islands then on to: **1.** Ensenada & Todos Santos Islands **2.** Cedros Island & Turtle Bay **3.** Bahia Santa Maria **4.** Cabo San Lucas **5.** Punta de Mita, La Cruz de Juan Costa & Puerto Vallarta **6.** Chamela Bay, Careyes, & Tenacatita **7.** Las Hadas marina & Manzanillo **8.** Zihuatanejo **9.** Acapulco **10.** Puerto Escondido

**11.** Puerto Angel **12.** Puerto Madero **13.** Playa Coco, Culebra Bay & Potrero **14.** Carillo Bay **15.** Ballena Bay, Jesusita & Puntarenas. **16.** Quepos **17.** Golfito **18.** Islas Secas **19.** Isla de Coiba **20.** Naranja cove **21.** Islas Perlas & Contadora **22.** Taboga Island **23.** Panama Canal **24.** Porto Belo **25.** San Blas Islands: Porvenir, Cartis & Holandes Keys

**Cove Hopping South to the Virgin Islands** Begins at **1.** Key West Florida, then on to Stock Island **2.** Marathon, Key Largo, Manatee Bay, Angelfish Creek **3.** Gun Cay & Cat Cay **4.** Chub & Frazers Hog Cays **5.** Nassau **6.** Exumas: Allans Cay, Conch Cut, Pipe Creek, Staniel Cay, Galliot Cut, George Town & Crab Cay. **7.** Cape Santa Maria,

Long Island **8.** Rum Cay **9.** Mayaguana **10.** Pine Cay **11.** South Caicos **12.** Cap Haitien & Acul Bay **13.** Baradaires Bay **14.** Jacmel & Isla Beata **15.** Boca Chica & Saona Island **16.** Mona Island **17.** Boqueron **18.** Salinas **19.** Vieques Island **20.** Fajardo, Palaminos Island **21.** Culebra Island **22.** Charlotte Amalie & Redhook St. Thomas, Coral Harbor St. John, Norman Island BVI **23.** Salt River, Christiansted & Frederiksted St. Croix