

May 25, 2017

Dear Flowers Sea Swim Swimmers,

We are glad you are joining us for the 2017 DAM Grand Cayman Adventure!

If you have not done much open water swimming, we highly recommend swimming the practices we have scheduled.

Packing tips: bring a bright colored cap to wear in the water for the practice swims. Black and dark blue caps can't be seen in the ocean water. Don't wear blue tinted goggles; it turns the ocean buoys gray and they blend into the ocean and can't be seen. Keep your phone in a ziploc bag or a waterproof phone case. Bring a rashguard/UPF swim shirt if you want full sun protection or want a break from the sun after a few hours.

Call your phone provider to get an international calling and/or texting plan so you don't incur large international charges on your phone bill.

Any friend or family that want to walk along the beach while you swim the race have to be registered Race Walkers.

Please register on your own at <https://register.flowersseaswim.com/>.

While on the island, please use text messages to contact Bobby Patten, 214-794-7946. Laurie will not be on this trip, but feel free to email her at ldunlap@damswim.com or text her at 972-965-1109 with any questions.

Wednesday, June 7 – travel day

Dinner on your own

Thursday June 8

8:30 AM – Group Swim

11:00 AM – Beach Volleyball game at Westin beach

4:00 PM – Optional Group Swim (short swim)

6:30 PM – Meet in Westin Lobby to go to Cracked Conch (7:00pm reservation)

Friday June 9

9:30-2:30 PM – Captain Marvin's Beach Lunch Tour

4:00 PM- Group Swim

6:30 PM – Team Meeting at the pool side bar area

Saturday June 10

8:30AM – Suggested pre-race warm-up swim

1:00 PM - **Flowers Sea Swim Race** check-in

2:30 PM – Race Start. www.flowersseaswim.com (race registration are are your own!)

5:00 PM – FSS race awards and raffle drawings immediately following race

Dinner on your own

Sunday June 11

12:30 PM – Meet at Red Sail for the Swimmin, Chillin and Grillin excursion 1:00-4:00pm, check-in with Red Sail the day before to sign your waiver, etc.

Dinner on your own

Monday, June 12

8:00 AM - Flowers International 5k and 10k Swims

Free Day

Ideas for on your own

Go shopping at Camana Bay, take a horseback ride on the beach, go snorkeling at one of the many snorkeling beaches in Cayman.

Great snorkeling next door to the Westin at the reef in front of the Governor's Mansion.

Camana Bay Shopping - <http://www.camanabay.com/the-town/shop/>

Snorkeling off the beaten path - <http://snorkelblog.tumblr.com/>

Local history and culture - go see [Pedro St James](http://pedrostjames.ky/) - <http://pedrostjames.ky/> It is a very well done exhibit. Tour the original great plantation house on the island too.

QE II Botanic Gardens - <http://www.botanic-park.ky/>

Turtle Farm - <https://www.turtle.ky/> - this is across the street from the Cracked Conch and its sister restaurant [Macabuca](#). Go the Turtle Farm and have an outdoor lunch on the Macabuca deck on the water.

Georgetown shopping - <http://www.explorecayman.com/shopping-in-george-town>.

Georgetown is a hopping place when the cruise ships are in port. There are lots of shops and restaurants along the water

[Cayman Sea Elements](#) - has a bioluminescence bay tour at night and a mangrove kayak tour which are both super fun and interesting. <http://caymanseaelements.com/>

Recommend restaurants within walking distance to Westin

[Sunshine Grill](#) – great burgers and tacos, a local favorite and reasonably priced food at the Sunshine Suites across from the Westin. Go early because it gets crowded!

[LUCA](#) - Modern Italian, Seafood

[Eats Diner](#) - good for breakfast or quick lunch – across the street from Westin main entrance

[Ragazzi](#) - Italian food. Short cab ride from hotel or walk.

[Edoardo's](#) - Italian food

Calypso Grill - 10 min taxi ride from Westin; seafood; open Tuesdays-Sundays
The Brasserie Restaurant and Bar - open Monday through Friday in George Town;
known as the Island's secret pleasure. Great food in George Town. Take a cab.

Island Transportation

Take a taxi from the airport. It's about a 15-minute ride. Cost is about \$25-\$30 USD and they will take US Dollars. Taxi's are always available around the island. The island has set taxi rates so all the taxis are the same price. There is a bus system on the island which utilizes mini-vans traveling around the island. The mini-vans stop at the bus stop across the street from the Westin. It is approximately \$2.00-4.00 per person depending on how far you go. If you are walking down the main street and hear someone honking at you, it is most likely a public mini-van asking if you want a ride. If you flag them down, they will pull over and pick you up.

Westin Hotel has an Avis car rental if you want to rent a car or jeep for the day.

- <http://www.aviscayman.com/rates.php>