



Kayaking the Exumas

International Field Studies Inc.



Instructor: Steve Harrington

1. Program Length and Dates:

Length: 10 days

Dates: February 2 - February 11, 2026

2. Initial Meeting and Departure Location: Hideaways at Palm Bay Hotel, Exumas

3. Pricing: \$1,599 USD

4. Program Introduction:

Sea kayaking in the Exuma Islands and camping on remote and pristine beaches is an unforgettable experience. Participants will experience the beauty of marine life in the Bahamas, learn about plant life of the area, practice kayaking skills, explore the island and have time for relaxation and rejuvenation.

Date	Location	Activity	Sleeping
Day 1	Hideaways at Palm Bay Hotel	Participants will land at Exuma International Airport (GGT) and take a taxi to the resort.	Hotel Room
Day 2	Hideaways at Palm Bay Hotel	Wake up and enjoy a day at the beach and lounging at the resort. Meet around 5pm that afternoon for	Hotel Room

		an orientation, introductions, and dinner.	
Day 3	Launch Site	The group is transported to the launch site where we will talk about paddling strokes, safety, and packing a kayak. From there we head out on our paddling adventure amongst the small uninhabited islands off the northwest coast of Great Exuma Cay	Camping
Day 4-7	Camping on various Cays around the Brigantines and Barratterre area	Our days will be spent paddling from one small island to another where we will set up camp and continue to enjoy the beauty of these uninhabited islands. Our distances will vary from 4-8 miles with a likely layover day mid trip to rest and further enjoy islands. We'll be learning about the environment and ecosystem of the area, working on kayak skills, snorkeling, reading on the beach, napping, and whatever else would make this a wonderful trip for you! Each meal a small group will cook up amazing recipes for the rest of the team as we live and play together (Leave No Trace style)	Camping
Day 8	Landing - Hideaways at Palm Bay Hotel	We paddle back to our pick-up spot and get transported back to the Palm Bay Hideaways hotel for a celebration dinner	Hotel Room
Day 9	Hideaways at Palm Bay Hotel	Rest, relax and enjoy your final day in paradise at Hideaways resort.	Hotel Room
Day 10	Departure	Say goodbyes - take a taxi to airport - fly home	

6. Participant Expectations:

This experience welcomes participants of all skill levels. You can be a novice kayaker and the trip is only moderately strenuous. Participants should be in good physical condition for kayaking 4-8 miles a day. The group will set up and tear down camp together each day. Meals will be cooked as a group too.

7. Pre-Program Items:

Any and all medical issues should be disclosed to the instructor and included on your on-line [medical](#)

[history form](#) that you fill out

8. Emergency Plan:

While our course area is often without cell coverage, Steve will have a Marine radio, a local Sim card, and a satellite communication device. Steve is a Wilderness EMT and very familiar with this area. Nonetheless, he has contacts on the islands that are on-call if outside resources are needed.

9. Instructor(s) Field Research Background:

Steve Harrington has over 40 years of experience as a wilderness guide and has been leading trips in the Exumas for the past 18 years. He is a level 4 ACA certified sea kayak instructor, an instructor for the National Outdoor Leadership School, a Wilderness EMT, and a Master Educator for Leave No Trace Inc. Steve has been partnering with IFS for the past 4 years as our ACA Sea Kayaking instructor, Wilderness First Aid instructor, and Leave No Trace trainer. One of our educational staff members from Forfar Field Station will be joining the trip as well to help participants learn more about the plant and marine life of the area.