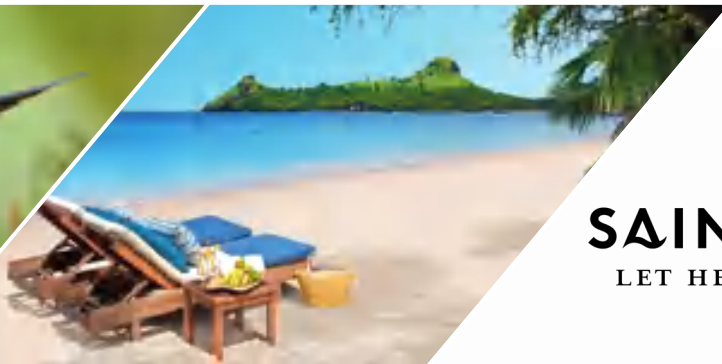


# SAINT LUCIA



## TRAVEL GUIDE

The beautiful Caribbean island  
that will inspire you



**SAINT LUCIA**

LET HER INSPIRE YOU

WELCOME TO

# SAINT LUCIA

FAIREST ISLE OF ALL THE EARTH!

A sensorial experience that will feed your spirit with flavours she has gathered from the earth, the sea and her people. Born of volcanic origin, the island presents a burst of natural splendour with every turn. She will satisfy your every appetite, presenting a choice of world-class accommodations, exquisite dining and a whole range of unique and thrilling experiences.

*“She colours the mind with a pallet full of soul. Offering awe-inspiring once-in-a-lifetime experiences.”*

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LET HER INSPIRE YOUR STORY

# IN EVERY WAY

## DID YOU KNOW?

The first European settler on Saint Lucia was a French pirate called Francois Le Clerc. Nicknamed Jambe de Bois – Wooden Leg – he attacked passing Spanish ships during the 1550s from his base on Pigeon Island.

Saint Lucia gained independence from the UK in 1979. The head of state is still the British Monarch, represented on the island by a Governor General.

Daren Sammy was the first Saint Lucian to represent the West Indies at cricket. He was appointed team captain in 2010.

The Saint Lucia Parrot – the country’s national bird, found in the wild only on the island – was threatened with extinction, with the population reduced to around 150 in the 1970s. Thanks to conservation efforts, its numbers have increased significantly since then.

The island has two Nobel Laureates more per capita than any other nation. The economist Sir Arthur William Lewis and the poet and playwright Sir Derek Walcott.

Under ancient French law, all beaches on Saint Lucia form part of the Queen’s Chain, which means that they are public.

If you’re looking for a picture-perfect paradise that has it all and more, put Saint Lucia at the top of your list.

Some holiday destinations are ideal for lounging on the beach, others are great for sightseeing and exploring. Some are ideal for partying the night away, others for quiet, low-key evenings. Some are best suited to romantic couples, others to families intent on having fun. But there’s only one place that has everything.

What sets Saint Lucia apart is that it ticks every single box. The mango-shaped Caribbean island, which is only 27 miles long and 14 miles wide, is fringed with soft sandy beaches, golden in the north, and dark silver in the volcanic south west.

Yet beaches are just an introduction to the immense beauty that Saint Lucia has to offer. A lush, emerald blanket spreads over much of the island, with a rich covering of dense rainforest across lofty mountains and deep valleys and, in a dramatic culmination of scenic wonder, the UNESCO World Heritage status Piton Mountains rise majestically out of the sea.

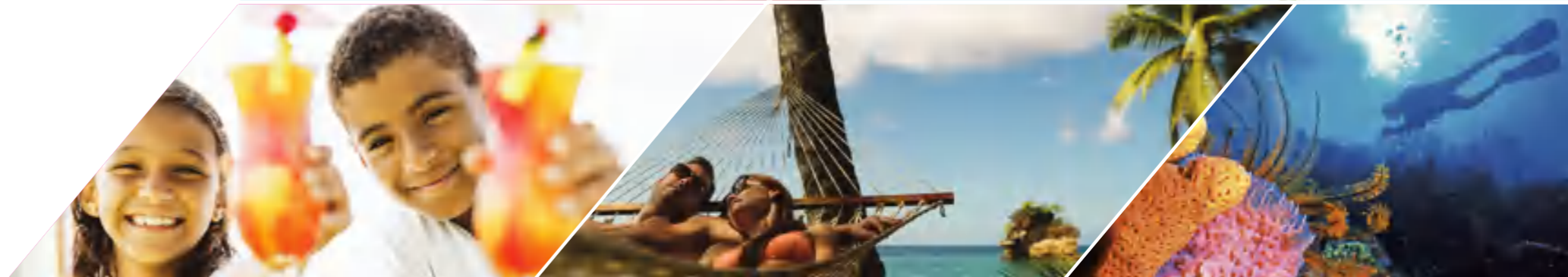
You can, if you so wish, just lay back, listen to the sea gently lapping the shore and take in Saint Lucia’s blessed good looks from a distance. Still, there are plenty of rewarding ways to experience this tropical paradise close up – from trekking through the rainforest, to speeding over it on a zip-line or even climbing to the top of a Piton.

There are many memorable and original places to stay in Saint Lucia – cottages on plantations, hotels with three-walled bedrooms featuring their own infinity pool – which offer an open invitation to experience the island’s natural delights. She will entrance you with her natural majesty. Wherever you stay, nature will be present. A friendly hummingbird may join you at an al fresco breakfast and after dark a tree frog chorus will fill the air.

While Saint Lucia’s natural assets are its trump card, the island’s rich cultural heritage also plays a strong hand. The vibrant blend of Amerindian, African, French and English historical influences impacts on every aspect of day-to-day life, from the island’s distinctive Creole cuisine to the French Creole patois spoken by the locals.

If you want a romantic holiday, Saint Lucia is the perfect place. At the annual World Travel Awards, the island has won the title of the World’s leading Honeymoon Destination an impressive 14 times. But Saint Lucia is not the exclusive preserve of those wanting a romantic retreat. The island loves to party and does so every weekend in spirited fashion out on the streets of several fishing villages, and at the bars in Rodney Bay. At the same time, with a selection of family-focused hotels, safe swimming beaches, pirate-themed sea adventures and a rainforest waiting to be explored, nowhere in the Caribbean surpasses Saint Lucia for all-round family appeal.

*“She whispers a constellation of emotions, spicing up your days with mysterious flavours.”*





# EXPLORE YOUR PASSIONS

HERE ARE A FEW OF OVER 100 SITES AND ATTRACTIONS ON ISLAND.

## SEGWAY

Glide effortlessly up Mount Pimard where you will be able to experience stunning views of Saint Lucia's coastline. Your guide will point out the different flora and fauna as you ride along on your Segway. There will be various stop off points to see bunkers used by the American military during World War 2, Pebble Beach to see the local fisherman in action and photo opportunities at Pigeon Island and Rodney Bay. You'll also enjoy the highest viewing point, Morne Pimant, where you will be served local juices and fruits. Find out more at [www.lucianstyle.com](http://www.lucianstyle.com)

## SNUBA

Experience an exhilarating underwater adventure in the safest and easiest way possible with SNUBA. A combination of scuba diving and snorkelling, SNUBA allows you to breathe easily underwater without wearing heavy, restrictive dive gear. It's open to all the family and doesn't require certification or diving experience. Find out more at [www.coxcoltd.com/snuba-adventure](http://www.coxcoltd.com/snuba-adventure)

## RUM TOUR

Travel through banana plantations to the award-winning Saint Lucia Distillers. Meet the renowned Rum Ambassador, tour the distillery and experience the distilling process. While you're there, sample a wide number of exotic blends of rums and liqueurs, which are all available to purchase at excellent prices. Find out more at [www.saintluciarums.com](http://www.saintluciarums.com)

## JUS SAIL

Sail along the island's coastline aboard Good Expectation, a beautifully restored Carriacou Sloop. For over 150 years, hand-built wooden sailing vessels like the Good Expectation have traded spices, rum and more across the West Indies. Once a regular sight between the islands, you can now relive the nostalgic adventure of this bygone era. For more information, visit [www.jussail.com](http://www.jussail.com). More sailing and water activities can be found on page 28.

## MARIA ISLAND

Saint Lucia's hidden gem, Maria Island, is a haven for nature lovers. Take the island tour and pull ashore onto its white sandy beaches. The fascinating guided walk showcases breathtaking views, unique flora and fauna and rare species of wildlife. Find out more at [saintlucianationaltrust.com](http://saintlucianationaltrust.com)

## HELICOPTER TOUR

Take a bird's-eye view of the south of the island as you fly high above it. Survey the sheer natural beauty below including lush landscapes and spectacular coastline. Then catch a glimpse of the enchanting Pitons, tropical rainforest and much more. Visit [www.stluciahelicopters.com](http://www.stluciahelicopters.com)

## TET PAUL

The Tet Paul Nature Trail is an easy to moderate 45 minute hike offering visitors a number of stunning views, including Sugar Beach and the Petit Piton among other attractions. There are traditional medicinal plants and exotic fruit trees along the way, and you will also see a traditional house where the ancestors of Saint Lucians used to live. Find out more at [www.thetetpaulnaturetrail.com](http://www.thetetpaulnaturetrail.com)

## PIGEON ISLAND

Pigeon Island National Park is a key landmark in Saint Lucia. Once used as a lookout point and military base when the British and the French fought over Saint Lucia, visitors are still able to see remnants of the military forts and bunkers used during this time. There is also a small museum on site which houses relics and artefacts from the battles. A popular venue for picnics and weddings due to its stunning views of the Caribbean Sea and Atlantic Ocean, Pigeon Island is also home to performances of the annual Saint Lucia Jazz & Arts Festival held in May. Find out more at [www.slunatrust.org](http://www.slunatrust.org)

## WATERFALLS

Situated in Soufriere, Diamond Botanical Gardens & Waterfalls is a nature lover's dream with a wide range of plants and colourful flowers on display. An informative guide will take you on a tour of the gardens pointing out some of the medicinal uses of the plants. The waterfalls originate from underground sulphur springs. Other notable waterfalls include Latille Waterfall and Gardens, Anse La Raye Waterfalls and Toraille Waterfalls in Soufriere.

## COCOA PLANTATION TOURS

Specialised cocoa tours are available at a variety of locations throughout the year including the Marquis Estate, Anse Mamin Plantation, Hotel Chocolat, Emerald Estate, Morne Coubaril Estate and La Dauphine Estate. At Fond Doux Estate visitors can take part in a tour and lunch package, which includes the invitation to join estate workers for the 'cocoa-rina dance,' a technique used to polish the Cocoa beans before roasting. Find out more at [fonddouxresort.com](http://fonddouxresort.com)

*Her enchanting rhythms will stir your soul. Let her vibrancy move you. Write your story upon her shores and along the mountain paths. Allow her rainforests to explore your inner journey.*



MARVEL AT HER ASTONISHING

# NATURAL MAJESTY

*“Draped in an emerald blanket of lush rainforest that stretches from her mountainous interior to her thrilling coastlines.”*

## TAKE A RAINFOREST NATURE TRAIL

Saint Lucia's rainforest is a wonderful world of massive trees wrapped in vines, giant aerial roots, towering ferns, vibrant flora and fauna, sparkling waterfalls and a symphony of birdsong. The best way to experience it is on foot with a well-informed guide on one of the nature trails maintained by the Forestry Department. The trails are of varying degrees of difficulty and length, and there's something to suit everyone.

The Tet Paul Nature Trail in the south is one of the best, and is suitable for families and groups. The Union Trail in the north is one of the easiest. While the Des Cartiers Rainforest Trail, a loop in the south of Saint Lucia which partly follows an old military road, is suitable for moderately fit walkers. Notable trails can also be found at the tranquil Diamond Waterfall and Botanical Gardens and Pigeon Island National Park. Hotels are happy to arrange transport to take you to the beginning of the trails.

## GO BIRDING

A bird watcher's paradise, Saint Lucia has 167 species and six endemic species, one of which is the island's national bird, the Saint Lucia Parrot. The other endemics are the Saint Lucia Pewee, Saint Lucia Warbler, Saint Lucia Oriole, Saint Lucia Black Finch and Semper's Warbler. This gives Saint Lucia the unique distinction of having the highest number of endemic birds in the Eastern Caribbean region. Visit the Millet Bird Sanctuary, a haven of bird life, and choose from a number of birding tour operators offering tours.

They include Heather Lea, [www.heatherlea.co.uk](http://www.heatherlea.co.uk) and Nature Trek, [www.naturetrek.co.uk](http://www.naturetrek.co.uk)

## TAKE OFF IN AN AERIAL GONDOLA

Island visitors have the opportunity to soar high above the rainforest canopy with an aerial gondola ride. The views are as spectacular as they are exhilarating, and a mountain guide is on hand to point out the beautiful sights beneath you. To find out more, visit [www.rainforestadventure.com](http://www.rainforestadventure.com)

## ZIP-LINE ABOVE THE RAINFOREST

Zoom over the Morne Coubaril Estate, [www.mornecoubarilestate.com](http://www.mornecoubarilestate.com) near Soufriere. It's one of three places on the island where, safely harnessed to cables, you can whizz between platforms set high up in trees. Well-trained instructors guide you through the process. You can also go zip-lining near Babonneau with Rain Forest Adventures, [www.rainforestadventure.com](http://www.rainforestadventure.com). Plus, there's also Treetop Adventure Park near Dennery, [www.adventuretoursstlucia.com](http://www.adventuretoursstlucia.com)

## BIKE THROUGH THE FOREST

Eight miles of bike trails, some suitable for novices, others extremely challenging, have been created through the coconut groves, citrus fruit orchards and 18th-Century ruins of the Anse Mamin Plantation near Soufriere. State-of-the-art suspension mountain bikes are provided, and after your exertions you can cool off in the sea at the idyllic Anse Mamin Beach. Find out more at [www.bikestlucia.com](http://www.bikestlucia.com)

## VISIT A BOTANICAL GARDEN

In the lovingly maintained Diamond Falls Botanical Gardens in Soufriere, you can follow paths around the well-labelled gardens, take in an impressive waterfall, and wallow in historic spring-fed baths. Over on the east coast at Mamiku Gardens, scented paths and woodland trails meander through 12 acres of landscaped grounds.

## DRIVE IN TO A VOLCANO

At Sulphur Springs near Soufriere, you are in the middle of a dormant volcano – but don't worry, the last recorded eruption was long ago in 1766. The steaming pools and bubbling mud you see lie on the weak spot of the crust of the collapsed crater. You can learn more about the intriguing geology in an interpretation centre and bathe in mineral-rich pools. Visit [www.soufrierefoundation.org](http://www.soufrierefoundation.org)

## CLIMB A PITON

The ultimate physical challenge on Saint Lucia is scaling the Gros Piton. Though the 798 metre (2,618 feet) mountain is more manageable than the near-sheer Petit Piton, you still need to be fit to tackle the four-hour return trip, and be prepared to do some scrambling on the steep second half of the ascent. Climb a Piton with St. Lucia Eco Adventures Tours. Tel: 001 758 716 8396 or check out [www.stluciaecoventures.com](http://www.stluciaecoventures.com)

## GO HORSEBACK RIDING

In the north of the island, you can ride along unspoiled Atlantic beaches and even swim with your horse in the ocean – an unforgettable experience. Beginner, intermediate and experienced riders are catered for. Find out more via: Trim's Horseriding Stables at [www.horserideslu.50megs.com](http://www.horserideslu.50megs.com), Atlantic Shores Riding Stables at [www.atlanticridingstables.com](http://www.atlanticridingstables.com) or Sandy Hoofs at [www.sandyhoofsstlucia.com](http://www.sandyhoofsstlucia.com).





## HER ENCHANTING RHYTHMS WILL STIR YOUR SOUL

# NIGHTLIFE AND FESTIVALS

*“She will imprint her vibrant colours on your soul. Her intoxicating music and the laughter of her people will refresh you with the joys of life.”*

The colours of the island will imprint on your soul. The intoxicating music and rich laughter of her people will quickly remind you of the joys of life. As night falls, spirits rise and the vibrations of excitement fill the air. The liveliest evenings on the island are to be found in Rodney Bay. Start the evening with a Sweet Seduction at the classic beach bar, Spinnakers, [www.spinnakersbeachbar.com](http://www.spinnakersbeachbar.com). Then head on over to ‘The Strip’ where you’ll find a cool collection of bars and restaurants. Some of the bars, such as Keebees Sports Bar & Grill which is popular with locals and visitors.

Why not try one of Saint Lucia’s authentic Kabawé (a local bar) on a “Kabawé Krawl” which is designed to promote the nightlife, rooms, local culinary offerings, adventure, and culture within local communities.

### STREET PARTIES & FISH FRIDAYS

A number of hotels around the island offer parties fueled by live Caribbean music.

Yet Gros Islet is the place to be on Friday evenings. This quaint fishing village located in the north of the island is known for hosting a weekly ‘Jump Up’ or street party. Open to all, enjoy grilled fish, barbecued street food, spiced rums and the deep bass lines over local sound systems create the unique island vibe. Several villages on the island celebrate the weekend in similar exuberant style.

Dennery Village, on the East Coast, invites visitors to sample the sea every Saturday evening at their seafood fiesta. On the south west coast the village of Anse La Raye holds its ‘fish fry’ every Friday night. These two provide the tastiest fish festivals in the Caribbean. The villages come alive with the sounds of Soca, Reggae and Zouk, while chefs preparing the latest catch, using traditional coal pots, and BBQ grills, putting a modern twist on cooking methods handed down over generations. You can sample a menu ranging from lobster, conch, crayfish and crab to local delicacies like roasted fish eggs.

### SAINT LUCIA EVENTS

Four festivals that combine outstanding artistic talent and rich cultural heritage.

[Saint Lucia Jazz & Arts - May](#)

[Saint Lucia Carnival - July](#)

[Roots & Soul - August](#)

[Food & Rum - September](#)

For dates and more information visit: [www.stlucia.org](http://www.stlucia.org)

## TAKE IN HER RICH HISTORY AND

# VIBRANT HERITAGE

### HISTORY

From the earliest days, Saint Lucia has been more desirable than gold. The island was fiercely fought over by France and Britain, between the 17th and 19th Centuries, changing hands an amazing 14 times! The British eventually won, and maintained control over Saint Lucia until independence was granted in 1979. However, the Gallic influence on Saint Lucia is very strong. Most villages and towns bear French names, and, even though the official language is English, a French Creole (Kwéyòl) is widely spoken.

If you would like to learn about Saint Lucia’s warring past, head up Morne Fortune high above Castries, which is covered with numerous fortifications. You should also visit Pigeon Island, [www.saintlucianationaltrust.com](http://www.saintlucianationaltrust.com), a national park featuring secluded beaches, old British military barracks, ruins of gun batteries, a hilltop fort, and superb views of Castries. Such is the beauty of Pigeon Island, many visitors come just to picnic on the tended lawns and idyllic beaches or eat and drink at the local beachside restaurants.

### LANGUAGE

English may be the official language of Saint Lucia; however, you will be hard pressed to find a community where Creole (Kwéyòl) is not spoken. To call it simply a language however, may be paying it a disservice. With the heritage passed down and a deep oral tradition, much more than words have been transmitted.

### ARTS & CRAFTS

Saint Lucia has a rich history of traditional arts and crafts, still evident across the island. For instance, Choiseul, a small village south of Soufriere, people of Carib origin retain century-old traditions of twining vines into baskets and molding clay into pots. Their work can be purchased at the Choiseul Art and Craft Centre.

Venture 30 minutes south of Soufriere to Laborie and step into a Caribbean painting of narrow streets, French colonial architecture and fishing boats. The village is noted for its observance of vibrant Creole culture, black sand beaches and seaweed harvesting. Here, people are proud of ancient traditions. Fishermen still blow into the conch shell to announce their arrival with the day’s catch.

### DANCE & MUSIC

Every weekend of the year villages around the island host legendary ‘Jump Up’ street parties. Here, locals take to the streets with street food stalls and sound systems. Less well known, but equally legendary, is that Saint Lucians go wild for Country music which dates back to the 1940’s when the US Military built a base, and the US Armed Forces Radio started broadcasting country music across the island.

### JOUNEN KWÉYÒL

Celebrating the island’s rich Kwéyòl or Creole identity, Jounen Kwéyòl is a time to rejoice with a programme of cultural demonstrations and musical performances held in October. During this time, various towns chosen to host this festival offer visitors a great opportunity to learn more about the French, African and native influenced culture and customs of this vibrant island. There is also the opportunity to try tasty Kwéyòl dishes such as fishcakes, bwapain woti (roasted breadfruit) and the national dish, greenfig and saltfish.

At any time of the year, you can learn more about aspects of Saint Lucia’s heritage at Saint Lucia’s Folk Research Centre in Castries, where you’ll be shown cassava breadmaking, how to catch crayfish in a river and saw wood to the rhythm of a traditional chak chak band.



## TOP 10 BEAUTIFUL BEACHES

Saint Lucia has beaches of immense beauty and variety. The colour of the sand ranges from golden in the north of the island, to silver and black in the volcanic south west. On the more sheltered west coast, the sands are lapped by the gentle Caribbean Sea, while on the exhilarating and exposed east coast they are pounded by Atlantic breaks. You can find unspoiled beaches backed by hillsides and draped with dense jungle, together with beaches lined with lively bars, loungers and offering a full array of watersports – the choice is yours. Here are 10 of the best.

## TOUCH ENDLESS

# GOLDEN SAND

### REDUIT BEACH

Lined by low-rise Rodney Bay hotels, this mile of fine golden sand is Saint Lucia’s liveliest and most popular beach. The water is usually calm and perfect for swimming, all sorts of watersports including waterskiing and banana boat rides are available. There are inviting beachfront bars to settle in with a cocktail and the sunsets here can be amazing. At weekends, locals congregate at the far southern end to picnic and party.

### PIGEON ISLAND NATIONAL PARK

Reduit Beach sound too busy for you? Then hop in a water taxi across to the pair of idyllic and tranquil sandy strips on the protected, southern side of Pigeon Island. You’ll find sun loungers to rent and the atmospheric waterfront café, Jambe de Bois. Pigeon Island is actually connected to the mainland, so you can also get here by car.

### SMUGGLER’S COVE

A long flight of stairs takes you down to this enchanting, cliff-backed cove of tawny sand, hidden away near the northern tip of the island alongside the upmarket Cap Maison hotel. The snorkelling is excellent, plus there’s The Naked Fisherman a beach side restaurant and bar.

### CAS EN BAS

Shielded by an offshore reef, this long beach of beige sand is one of the few places on

Saint Lucia’s east coast where it is normally safe to swim. A refreshingly breezy spot, it attracts kitesurfers and windsurfers.

### GRANDE ANSE

This isolated east coast beach is the island’s primary nesting spot for endangered Leatherback turtles. During the nesting season, from March to August, you can join an organised overnight camp on the beach, and observe the massive creatures lumbering up the beach and laying their eggs in the sand. Note that the beach is unsafe for swimming, and that all visits should be arranged through Heritage Tours [www.heritagetoursslucia.org](http://www.heritagetoursslucia.org).

### LABAS BEACH

A small sliver of sand sprinkled with that palms pokes into astonishingly beautiful Marigot Bay. There are sun loungers, kayaks and pedalos for hire, and beer and rotis for sale in the beach bar. To reach the beach, you need to make a two-minute crossing by pedestrian ferry.

### ANSE COCHON

This is magical, Caribbean oasis, near Anse La Raye. With a reef lying just offshore, it’s a great spot for snorkelling. Equipment can be hired from the on-site dive shop. Many visitors arrive by boat, but you can also get there via the road to Ti Kaye Resort.

### ANSE CHASTANET

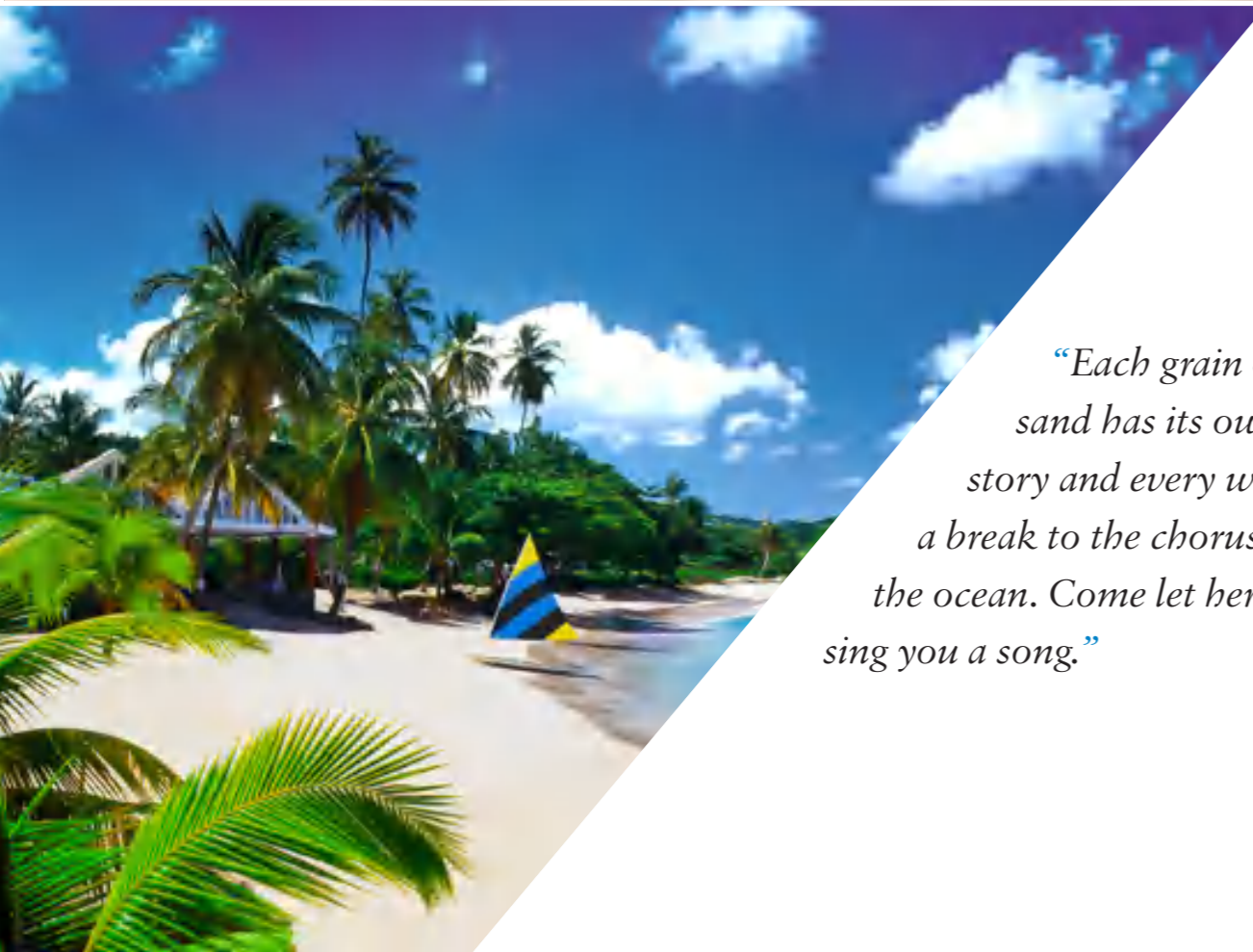
Just north of Soufriere, this memorable volcanic sand beach is surrounded by steep, forested hillsides. It is a focal point for the Anse Chastanet Resort, and visitors can use all of the hotel’s excellent facilities, including the beachfront restaurant, loungers and snorkelling gear – the bay is one of Saint Lucia’s best places for snorkelling.

### ANSE DES PITONS

One of the most jaw-droppingly beautiful beaches anywhere in the Caribbean, with a crescent of imported white sand set dramatically between the soaring Pitons. The beach is overseen by the luxurious Sugar Beach, a Viceroy Resort, but anyone can visit.

### ANSE DE SABLES

The constant winds off long Sandy Beach, in the far south east of the island, make conditions in the reef-protected bay ideal for kitesurfing and windsurfing. You can hire the necessary equipment and take lessons, or join locals chilling out in one of the infectiously laid-back beach bars.



*“Each grain of sand has its own story and every wave a break to the chorus of the ocean. Come let her sing you a song.”*

# All mapped out

-  Airport
-  Zipline
-  Watersports
-  Jeep/ATV safari
-  Horseback riding
-  Waterfall
-  Segway
-  Shopping
-  Whale/dolphin
-  Birdwatching
-  Catamaran tour
-  Speed boat tour
-  Hiking
-  Biking
-  Helicopter tours
-  Snorkel/Dive Sites



## ATTRACTIONS

- 1** Pigeon Island National Landmark
- 2** Lushan Country Life Tour
- 3** Fond Latisab Creole Park
- 4** Marigot Bay
- 5** Millet Bird Sanctuary
- 6** Mamiku Gardens
- 7** Diamond Botanical Gardens & Waterfall
- 8** Toraille Waterfall
- 9** The Pitons
- 10** Tet Paul Nature Trail
- 11** Morne Coubaril Estate
- 12** Sulphur Springs
- 13** Fond Doux Plantation
- 14** Latille Waterfall





*“Satisfy love’s truest desire on the island made for love. Whether saying I do, a dream honeymoon or that romantic escape...”*

# LET SAINT LUCIA INSPIRE YOUR LOVE STORY

Nestled in the heart of the Caribbean and renowned for its resplendent natural beauty, romantic retreats and the highest levels of luxury, Saint Lucia is the ultimate location for couples in the first flush of love, honeymooners or seasoned life-partners.

Push the boat out, and you could stay in a room with awe-inspiring views of the Piton Mountains, with a private plunge pool, outdoor shower and a hammock for two strung across its veranda. In the majority of the island’s hotels your bed will be strewn with petals on arrival. Many offer pampering packages to newlyweds, which offer champagne breakfasts, candlelit dinners specially set up on the beach, and massages for two.

Being a happy couple is also about sharing experiences and adventures, and there is no shortage of possibilities on a holiday to Saint Lucia. With your loved one, you could take a guided walk in the rainforest, sign up for a champagne sunset cruise, go horseback riding along virgin sands, and party the night away, Caribbean style, at the weekly Gros Islet ‘Jump Up’.

## GETTING MARRIED IN SAINT LUCIA

Getting married in Saint Lucia couldn’t be easier since there is no residency period. You can apply for a marriage license two days before the date of marriage at a fee of EC\$335, or on the

same day for a higher fee of EC\$540. Standard documentation is required: passport; birth certificate; decree absolute (if one of the parties is divorced); a death certificate of first spouse (in the case of a widow/widower); a deed poll (if a name has been changed); a sworn affidavit of consent stamped by a Notary Public if one of the parties is under age 18; and an authenticated translation if required documents are not in English.

Many hotels on the island have dedicated wedding coordinators who will take care of everything for the special day – the paperwork, flowers, photography, cake, reception, you name it. The ceremony itself normally takes place in the tropical grounds of the hotel – many have strategically placed gazebos for such a purpose – or on the beach, barefoot.

Saint Lucia also has many fabulous potential wedding venues beyond hotels. You could get married on a yacht, in a lighthouse, a botanical garden, a private villa, a plantation estate or in church. You can even get married underwater, and you will find no more memorable backdrop for your wedding photos than the Pitons.

Saint Lucian companies specialising in arranging weddings can make any of the above happen. A further allure of getting married in Saint Lucia is that you are perfectly placed for a honeymoon straight after the big day.

## OUR WEDDING STORY

Sally and Mark Woods tied the knot on Valentine’s Day on the beach in Rodney Bay, with 15 family and friends in attendance. “We decided to get married in Saint Lucia partly because it’s easy to do so,” said the bride. “Other holiday destinations that we considered required more legal documentation. The hotel arranged everything in an efficient, but laid-back way; from visiting the solicitors and getting the papers signed, to an appointment at the hairdressers. All we had to do was be where we were told to be. It was wonderfully unstressful, and everything went without a hitch.

On the day, a steel band played ‘Here Comes The Bride’ as the bride arrived at the beach, and after cake and champagne at the hotel, the party headed down to Marigot Bay for a lobster feast. We returned to Rodney Bay on a catamaran sunset cruise, which was incredibly romantic,” said the bride. “All in all, it was the best day of my life.”



Saint Lucia has been voted “World’s Leading Honeymoon Destination” an amazing 14 times by the World Travel Awards.



## A WORLD OF FAMILY-FRIENDLY FUN

With soft, sandy beaches to play on, warm turquoise seas to jump in and magical mountains to explore, it's hard to imagine a more feel-good family destination.

Just think of the excitement of a Pirate Family Adventure on a replica 18th-Century rigged schooner! Sailing down the island's dramatic coast, stopping off to visit a volcano and for a dip in a waterfall. Other nautical adventures that everyone will love include whale and dolphin watching expeditions and glass-bottomed boat trips.

On land, there are exciting nature trails through the rainforest that are suitable for families with young children. Knowledgeable guides make flora and fauna spotting both fun and educational. The same is true on cocoa plantation tours and at Lushan Country Life, [www.lushancountrylife.com](http://www.lushancountrylife.com). There is adventures galore at Pigeon Island National Park, with two beautiful beaches, military ruins and a lookout point at the top of the fort.

Teenagers can get their kicks out of tackling more challenging rainforest treks, zip-lining over

the tree canopy, mountain biking through the jungle, or riding a Segway along a nature trail. They can also canter on horseback along a beach, kitesurf over the ocean, and snorkel over coral reefs that are wonderfully easy to reach from some of the island's beaches.

Saint Lucia has many family-friendly hotels suitable for most holiday budgets spread all over the island. They include Windjammer Landing, Sugar Beach, a Viceroy Resort, Royalton Saint Lucia and, boasting its own water park with slides and a lazy river, Coconut Bay Beach Resort & Spa. In 2015 the Caribbean's first open-water sports park opened – the fun-filled Splash Island Water Park at Bay Gardens Beach Resort & Spa, [www.stluciwaterpark.com](http://www.stluciwaterpark.com).

All of these properties offer accommodation for families, along with supervised kids' clubs and fantastic food that even the choosiest children will want to sample – whether a tempting buffet or a dish off the children's menus. Family-oriented places to eat can also be found outside the island's hotels. In Rodney Bay, for example, there are pizza places and ice-cream parlours.

*“Let her take you into her verdant rainforests, through her waterfalls down rivers to her soft sandy beaches. Play, discover, laugh and enjoy good family fun.”*



TASTE A WORLD OF  
**FLAVOURS**



Her histories, vast and varied, deserve to be memorialized and romanticized by dishes that transport you to somewhere new. With creative chefs making full use of the abundance of home-grown tropical fruit, vegetables and freshly caught seafood.

The island's hotels offer a wide range of cooking styles, from fine dining to classic Creole cuisine. In the morning you may spot fishermen out in the bay hauling in your hotel's 'catch of the day', but you should also try to eat out during your stay.

Many Saint Lucian restaurants offer Creole and Caribbean dishes, such as stewed meat or green fig (green banana) with saltfish, but international flavours are in abundance too. This is especially true in Rodney Bay Village where you'll find Thai, Indian, Chinese, Italian, French, EuroCaribbean, seafood and steakhouse restaurants.

Moreover, a number of first-class restaurants are sprinkled across the island, with spectacular and romantic settings aplenty where you can dine in style with a magical view of the Pitons. Alternatively, you may prefer the intimacy of private dining villas that come supplied with their own chefs.

At the other end of the culinary spectrum, but no less memorable, is a paper plate full of lobster or crab cakes served during a Friday evening 'Fish Fry' in the fishing village of Anse La Raye. Also not to be missed are Gros Islet's legendary Friday 'Jump Up' street parties where local residents set up sound systems, street food stalls and makeshift bars. The sizzling smells of barbecued fish and chicken waft through the streets as exotic rhythms fill the air.

*“Her histories, vast and varied, deserve to be memorialized and romanticized by dishes that transport you to somewhere new.”*



**COOK LIKE A LUCIAN**

For those who want to take a cookery course, Cook Like A Lucian is a hands-on culinary adventure studio that invites guests to get creative with cooking classes and explore the island's culture and cuisine. Their cookery courses are led by local chefs and followed by a three-course lunch or dinner made by you in the class. Visit [www.coxcoltd.com/tours/tours-list/cook-like-a-lucian](http://www.coxcoltd.com/tours/tours-list/cook-like-a-lucian)

If you're looking to sample the real Saint Lucia then head to the bustling food markets of the island's capital, Castries. Here you'll find vendors displaying an exotic range of locally sourced fruit, vegetables, seafood and spices. A visit to one of the local restaurants is recommended to taste the authentic regional cuisine.

**THE PINK PLANTATION HOUSE**

Discover this 140 year old, three storey, French Colonial wooden home in two acres of lush tropical gardens with a scenic view of the Caribbean coastline. The restaurant is famous for authentic French Creole cuisine, local juices and cocktail specials.

**THE CLIFF AT CAP MAISON**

An elegant restaurant perching on a clifftop near the northern tip of the island, it's a spectacular setting overlooking the surging Caribbean Sea. Pre-dinner cocktails can be enjoyed on a deck down below, with drinks delivered on a zip-line pulley system. Welsh-born Executive Chef, Craig Jones, serves an inspired French West Indian contemporary menu. Visit: [www.thecliffatcap.com](http://www.thecliffatcap.com)

**THE COAL POT**

Produces classic French and Creole dishes in this long-established, art-filled restaurant. Hidden away alongside the waterfront of Vigie Marina, across the bay from Castries, the establishment is a favourite among Saint Lucians, and the seafood platters are outstanding. Visit [www.coalpotrestaurant.com](http://www.coalpotrestaurant.com)

**CARIBBEAN PIRATES**

Conveniently located upstairs in La Place Carenage Shopping Mall, diners are welcome to relax and enjoy their harbour-view ambience whilst savouring Chef Robby's culinary treats. They offer affordable breakfasts, seven lunch menus and lots of daily specials.

**BIG CHEF STEAKHOUSE**

Located in Rodney Bay Village, the mixed clientele makes for a busy but relaxed atmosphere every night of the week. Enjoy perfectly cooked Angus Beef, succulent local fish and seafood, a chic and comfortable Lounge Bar with killer cocktails and a top-class winelist. Visit [www.bigchefsteakhouse.com](http://www.bigchefsteakhouse.com)

**DASHEENE**

Spectacular views of the Pitons and jungle-covered slopes of the island's south-west, mean that the restaurant of the boutique Ladera hotel offers the most breathtaking panoramas of any restaurant in the whole Caribbean, let alone Saint Lucia. Visit [www.ladera.com](http://www.ladera.com)

**ORLANDO'S**

Orlando's is in a beautiful courtyard garden setting where they serve "Ti Manje" which is creole for small plate. Chef Orlando creates his flavourful Caribbean masterpieces with fresh local fish, meats and vegetables. There is also a wine list for pairing to enhance the dining experience. Visit [www.orlandosrestaurantslu.com](http://www.orlandosrestaurantslu.com)

**A CHOCOHOLIC'S DELIGHT**

The sweet taste of chocolate, food and adventure awaits in Saint Lucia. The best way to experience it is by visiting one of the working cocoa plantations sprinkled across the island. The Rabot Estate near Soufriere is home to Hotel Chocolat, [www.hotelchocolat.com](http://www.hotelchocolat.com). The cocoa-producing estate is the island's oldest, dating back to 1745. You can stay on the 140-acre property at Rabot Hotel and dine at its restaurant where organic Trinitario cocoa beans appear throughout the delightful and delicious menu. The estate is chock-full of activities, including a Tree-To-Bar Experience, where you can make your own chocolate, and the Cocoa Juvenate Spa, which specialises in cocoa-based treatments and therapies. You can also make chocolate at Howelton Estate in Castries, [www.howeltonestate.com](http://www.howeltonestate.com) and also enjoy a chocoholics' paradise at Cacao Sainte Lucie <https://cacoasaintelucie.com>. There's also the Fond Doux Estate, [www.fonddouxestate.com](http://www.fonddouxestate.com), which offers a tour and lunch package including participation in the Cocomarina dance. And then there's the Emerald Estate at Anse Chastanet, [www.anschastanet.com](http://www.anschastanet.com), where you can visit their Chocolate Laboratory and sample a variety of chocolate infused activities, including truffle making classes, sensory tastings, educational estate trips and much more.



## EXPERIENCE THE CARIBBEAN'S NO.1 SPA DESTINATION

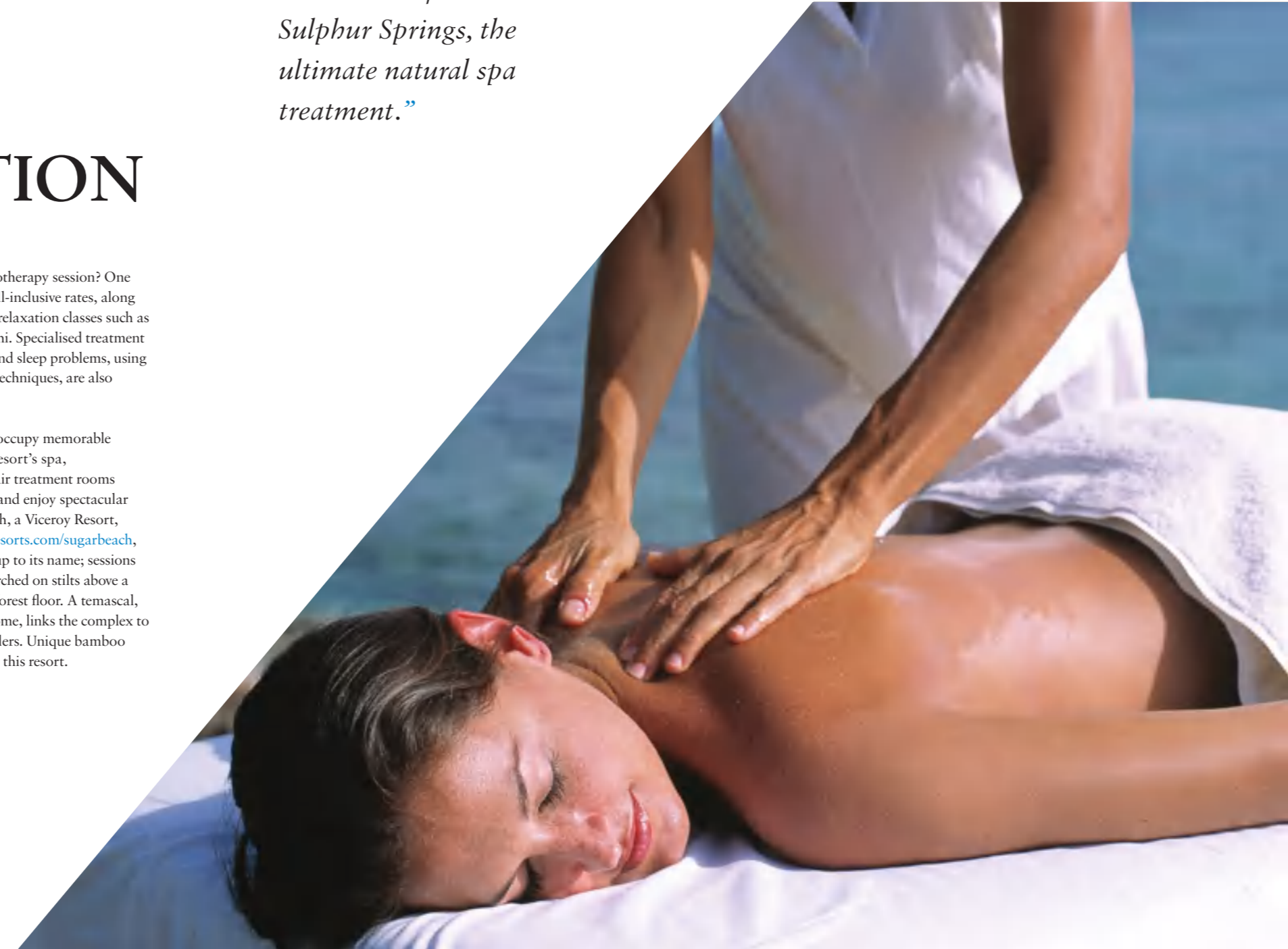
Awarded the 'Best for Spa Holidays' at the Telegraph Caribbean Travel Awards in 2015, Saint Lucia has a rich history of offering rejuvenating and restorative treatments. In the late 1700s, King Louis XVI of France ordered the construction of baths fed from the hot, mineral-rich springs of Soufriere's volcano, to allow his troops to benefit from the therapeutic powers of the waters. You can soak in the restored baths in the Diamond Falls Botanical Gardens, and in bathing pools at the nearby Sulphur Springs, where you can cake yourself in purifying mud, the ultimate natural spa treatment.

Many hotels in Saint Lucia offer spa sessions in rather more sophisticated surroundings. Resembling a mini-Alhambra, the vast, award-winning Wellness Centre at the BodyHoliday, [www.thebodyholiday.com](http://www.thebodyholiday.com), employs 50 massage and beauty specialists, and has possibly the most comprehensive array of spa treatments of any hotel in the Caribbean. One session each day – perhaps a Lucian Lime and Ginger Scrub? Or maybe a Saint Lucian Sizzler full body massage?

Or even a seawater hydrotherapy session? One treatment is covered in all-inclusive rates, along with various fitness and relaxation classes such as Yoga, Pilates and T'ai Chi. Specialised treatment courses targeting sinus and sleep problems, using Ayurvedic and Balinese techniques, are also on offer.

Several other hotel spas occupy memorable locations. At Ti Kaye Resort's spa, [www.tikaye.com](http://www.tikaye.com), open-air treatment rooms are set into the cliffside, and enjoy spectacular sea views. At Sugar Beach, a Viceroy Resort, [www.viceroyhotelsandresorts.com/sugarbeach](http://www.viceroyhotelsandresorts.com/sugarbeach), the Rainforest Spa lives up to its name; sessions take place in gazebos perched on stilts above a gushing stream and the forest floor. A temascal, an Amerindian steam dome, links the complex to Saint Lucia's earliest settlers. Unique bamboo massages are available at this resort.

*“Enliven your senses with her invigorating salt air and sweet Caribbean breeze. Find restoration in the warm mineral baths at the Diamond Falls. Find healing in the mud baths of the Sulphur Springs, the ultimate natural spa treatment.”*



## ACCOMMODATION TO FEEL

# ON TOP OF THE WORLD

From high-end hotels and rustic rooms to intimate inns and family-friendly resorts, no matter the type of place you're looking to stay at, you'll find Saint Lucia is very accommodating.

Hide away in a candy-coloured cottage in the grounds of a plantation estate, or be right next to the jammin' nightlife of Rodney Bay. Book into a no-expense-spared hotel with a private plunge pool and butler service, or stay with locals in a warm and friendly guest house. Spend your holiday at an all-inclusive super hotel with a whole host of on-site facilities, or base yourself in a more intimate property better suited for getting out and exploring. The other big decision to make is whether to stay in the busier north of Saint Lucia, close to golden-sand beaches, or down in the south, where you'll be surrounded by the island's most magical scenery. One solution is to divide your time between the two.

### PURE LUXURY

Unique is an overused word in travel brochures, but it accurately describes several of Saint Lucia's hotels. In hilltop Jade Mountain, bedrooms come in the form of palatial three-walled sanctuaries, with iridescent tiled, private infinity pools merging with a mesmerising panorama of the Pitons. At sister property Anse Chastanet and at Ladera you can stay in rustic-elegant rooms with to-die-for views through an absent wall. Want more conventional luxury? Then consider Sugar Beach, a Viceroy Resort. Spectacularly nestled between the Pitons, recent investment has led to a transformation that has, among other things, resulted in the creation of very elegant villas and a new world-class spa. Whilst Zoëtry Marigot Bay St. Lucia on the exclusive west coast invites you to take in the breathtaking views of the bay from rooms with expansive balconies and private plunge pools.

The north of the island also has distinctive places to stay where you will be thoroughly pampered. Cap Maison is a classy clifftop property beautifully designed in Spanish-colonial style, while Windjammer Landing Villa Beach Resort is a Mediterranean-inspired complex with villas and suites perfect for families. East Winds, spread over 12 acres of bird-rich tropical gardens, is the epitome of peace and tranquillity, while the USP of recently renovated BodyHoliday offers an astonishing array of sporty and holistic activities included in the package. Other luxurious places to stay include Calabash Cove and The Landings Resort and Spa.

### BOUTIQUE

A number of the Caribbean's most romantic and escapist hotels can be found in the southwest of Saint Lucia. One example is Stonefield Estate Villa Resort, a former lime and cocoa plantation in the shadow of Petit Piton, where the villas have four-poster beds, open-air showers and private plunge pools that are ideal for skinny dipping. Another is quirky Crystals, high above Soufriere, with half a dozen exotically furnished cottages and a magical tree-house bar and restaurant. Also ideal for romantically inclined couples, there's secluded Ti Kaye Resort, up the coast near Anse la Raye, where rustic cottages come with rocking chairs and hammocks on their sea and sunset-facing terraces.

### ALL INCLUSIVE

Holidays where pretty much all your meals, drinks and on-site activities are covered in the rates can be very relaxing and good value. Saint Lucia has a number of hotels that provide just that. Couples can choose from three 'luxury included' Sandals properties, and guests staying at one of the resorts may use all the amenities and services at the other

two. Another all-inclusive resort worth considering is the classy StolenTime by Rendezvous, a tropical garden by the sea on the northwest coast. Fun-loving singles, couples and families are all likely to have a ball at the vibrant and refreshingly casual Royalton Saint Lucia north of Castries, and at Coconut Bay Beach Resort & Spa in the south.

### COUPLES ONLY

Saint Lucia is made for two – a romantic getaway where you and your loved one can unwind and indulge in one of our couples-only resorts without the distraction of children. For instance, Serenity at Coconut Bay is an all-inclusive couples only luxury resort, where you can rediscover what brought you together in the first place. Whilst Sandals Grande St. Lucia is resplendent in pure romance, offering private cabanas and intimate dining beneath the moonlit sky.

### RODNEY BAY VILLAGE

Saint Lucia's main entertainment spot has an excellent selection of accommodation. If you want to be right on fabulous Reduit Beach and have lots of on-property amenities, there's the excellently run four-star Bay Gardens Beach Resort, the all-suite Mystique St. Lucia by Royalton, the all-inclusive Starfish St. Lucia next door or the Soco House. On Rodney Bay Marina, there is The Harbor Club, a four star resort offering five dining outlets and four sparkling swimming pools. But, there are also appealing smaller-scale hotels worth considering, such as the Sol Sanctum Wellness Hotel, with eight rooms which are perfect for a transformative yoga and meditation holiday for individuals or for a small group, and Harmony Marina Suites, in a quiet spot on the lagoon.

### SMALL AND PRIVATE

Saint Lucia can also provide affordable, 'home-away-from-home' experiences. Examples are La Haut Resort, where their bedrooms and Creole restaurant enjoy spectacular Piton views, and the Mango Beach Inn in Marigot Bay. Small hotels to consider include Villa Beach Cottages, Auberge Seraphine and the Fox Grove Inn.

### VILLAS

Villas offer more space, privacy and freedom in your holiday. Whether you're looking for a rental for your family, a luxury break or a romantic retreat, there's something to suit every need. Examples include Cleopatra Villas set in the prestigious Rodney Bay Marina, Marina Haven Villa nestled between the hills above Rodney Bay, and La Belle Helene Villa situated at the foot of the spectacular Piton Mountains in the south.

The island boasts an excellent portfolio of private villas to rent. The biggest concentration can be found in and around the upmarket Cap Estate, a short drive from the Rodney Bay area, but there are also some very luxurious villas around Soufriere, with jaw-dropping views of the Pitons. In luxury villas, the rates often include the services of a cook and a maid.

### MORE INFORMATION

For more details on Saint Lucia's hotels, B&Bs and villas, including their latest offers, visit [www.stlucia.org](http://www.stlucia.org)



# MEETINGS AND INCENTIVE GROUPS

*“Imagine treating your staff and key customers to the wow-factor of Saint Lucia. No matter what you have in mind, on-island destination management companies can create incredible experiences for every client and budget.”*



## APPEALING ACTIVITIES & ADVENTURES

Your clients can, if they so wish, just lay back, listen to the sea gently lap the shore and take in Saint Lucia’s good looks from afar. But there are plenty of rewarding ways to experience this tropical paradise close up – from trekking through the rainforest, to speeding over it on a zip-line or even climbing one of the Pitons.

There’s beauty beneath the surface too. The sparkling waters off Saint Lucia provide an exhilarating playground for memorable sightseeing cruises, deep-sea fishing, kitesurfing and first-rate diving.

Many of these activities can be customised to incorporate unique team building experiences – ensuring your clients will remember their adventure long after their return to work.

## CHOOSE FROM A RANGE OF ACTIVITIES, INCLUDING:

- Rainforest adventures
- Street party nights
- Spa and health experiences
- Rum tours
- Diving and snorkelling
- Golf days
- ATV and quad biking
- Coastline horse rides
- VIP experiences
- Heritage tours
- Nature trails
- Sailing courses
- Deep sea fishing trips
- Bespoke beach parties
- Cocoa plantation tours
- Chocolate making classes
- Creole cooking lessons

## EXPERIENCE A CULTURAL MELTING POT

While Saint Lucia’s natural assets are its best feature, a big part of the island’s charm lies with its rich cultural heritage. The vibrant blend of Carib, African, French and English influences every aspect of day-to-day life, from the island’s distinctive Creole cuisine to the French Creole spoken by the locals.

Whether your clients want to be part of our pulsating nightlife, take in a street party or indulge in one of the gourmet restaurants sprinkled across the island, they’ll always be treated to our famously warm hospitality.

Saint Lucia is a dream destination for meetings, incentive and special interest groups. Offering a year-round warm climate, beautiful beaches, a world-class range of accommodation, bespoke itineraries and dedicated destination management companies – all in one awe-inspiring tropical island.

## TAKE YOUR MEETINGS & INCENTIVES PROGRAMME TO THE NEXT LEVEL

Imagine treating your staff and key customers to the wow-factor of Saint Lucia. No matter what you have in mind, on-island destination management companies can create incredible experiences for every client and budget. They offer you access to a range of premier meeting and conference venues that can accommodate groups of 5-500 guests.

Whether it’s organising a theatre-style conference, an outdoor marquee for a VIP event, booking a small meeting room or arranging a personalised itinerary from beginning to end – they understand just how important corporate guests are and will work closely with you to transform your ideas into reality.

Beaches are just an introduction to the immense beauty that Saint Lucia has to offer. A lush, emerald blanket spreads over much of the island, covering lofty mountains and plunging valleys in dense rainforest. And in a dramatic culmination of scenic wonder, the Piton Mountains rise majestically out of the sea. The mountains have UNESCO World Heritage Status, and are a strong contender for the Caribbean’s most arresting attraction.

## MEETINGS, CONFERENCES & INCENTIVES

If you’re thinking of where to hold a conference or event, Saint Lucia offers a winning combination of excellent facilities, experienced organisers and memorable things to do – plus frequent, non-stop scheduled flights from the UK. Some of the larger hotels in the north of the island can host conferences for a sizeable numbers of delegates. There is no shortage of unique venues: think plantation houses, golden-sand beaches and luxury yachts. And as light relief from meetings or for team-building exercises, groups can go trekking through or zip-lining over the rainforest, horseback riding in the surf or on a catamaran trip along the spectacular west coast. If you have clients to woo, you could treat them to a helicopter tour, or take them out deep-sea fishing or for a round of golf on the island’s championship course.



## IMMERSE YOURSELF IN ALLURING SEAS

The sparkling waters off Saint Lucia provide an exhilarating playground for memorable sightseeing cruises, deep-sea fishing, kitesurfing, first-rate diving and snorkelling.

Saint Lucia's beauty extends beneath the surface with 22 dive sites. Reefs teeming with colourful and varied marine life can be found close to shore off the southwest coast, making them ideal for accessible snorkelling as well as diving. The reef at Anse Chastanet, which lies within a marine park, is perfect for beginners as it is just off the beach. You may spy octopuses and turtles, and deeper down, moray eels, parrot fish and even sea horses. More superb dives await at the base of Petit Piton, where the dramatic sloping wall descends 1,500 feet.

Anse Cochon is also a prime snorkelling and diving area: one exciting dive site here is the wreck of an intentionally sunk cargo vessel, the Lesleen M.

A day on a catamaran sailing through the calm Caribbean Sea along the dramatic west coast of Saint Lucia is one of the very best ways to see the island. You'll pass traditional fishing villages and may pause for a snorkel or a swim in crystal clear waters off an unspoilt beach, and enjoy unforgettable views of the Pitons rising abruptly out of the ocean.

Another option is to go whale and dolphin watching. You can never be 100 per cent sure of sightings – that is part of the thrill – but Sperm, Pilot and Humpback whales are commonly spotted, as are large pods of playful dolphins. Some boats are equipped with hydrophones, so you can hear the creatures chatting away in clicks, squeals and clacks.

The easy to reach deep waters close to Saint Lucia also provide outstanding fishing grounds. With expert help on board, complete novices and pros can sign up for half or full-day sports fishing expeditions, and see if they can haul in something big, like a blue marlin.

Fancy some proper sailing? Saint Lucia is a yachtsman's paradise. The island has two state-of-the-art marinas, one in the inner lagoon of Rodney Bay, the other in the dreamy natural haven of Marigot Bay, where the 'super yachts' of the rich and famous often moor. Boat charters, with or without crew, are possible from the marinas.

For those seeking further thrills, excellent kitesurfing and windsurfing conditions can be found on the south and north east coast.

### DIVE CENTRES:

[Scuba St. Lucia](http://www.scubastlucia.com)  
www.scubastlucia.com

[Marigot Beach Club and Dive Resort](http://www.marigotbeachclub.com)  
www.marigotbeachclub.com

[Sugar Beach, A Viceroy Resort](http://www.viceroyhotelsandresorts.com)  
www.viceroyhotelsandresorts.com

[Island Divers](http://www.tikaye.com)  
www.tikaye.com

[Dive Fair Helen](http://www.divefairhelen.com)  
www.divefairhelen.com

[Eastern Caribbean Diving](http://www.easterncaribbeandivingstlucia.com)  
www.easterncaribbeandivingstlucia.com

[Action Adventure Divers](http://www.aadivers.net)  
www.aadivers.net

[Dive Saint Lucia](http://www.divesaintlucia.com)  
www.divesaintlucia.com

Visit [www.stlucia.org](http://www.stlucia.org)

## ENJOY A FULL RANGE OF SPORTS

From world-class cricket to netball and off-road biking, a whole range of sporting activities await on dry land.

Saint Lucia is perfect for sporting groups, spectators and active holiday-makers. The island has a variety of sports venues, with good facilities that are suited to a wide range of sports.

The Sandals St Lucia Golf & Country Club's 18-hole, par-71 course, spread over the rolling hills of the Cap Estate in the north of the island, offers one of the most scenic and challenging rounds in the Caribbean. There's also a 9-hole course with taxingly narrow fairways at Sandals La Toc Golf Resort & Spa, with green fees and transportation to the course free for guests staying at one of the island's three Sandals properties.

With programmes of golf, tennis and archery lessons, the BodyHoliday, is geared up for sporty types.

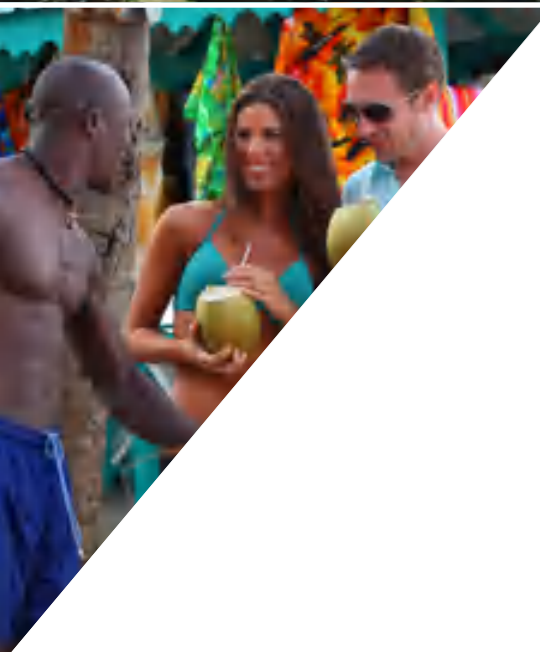
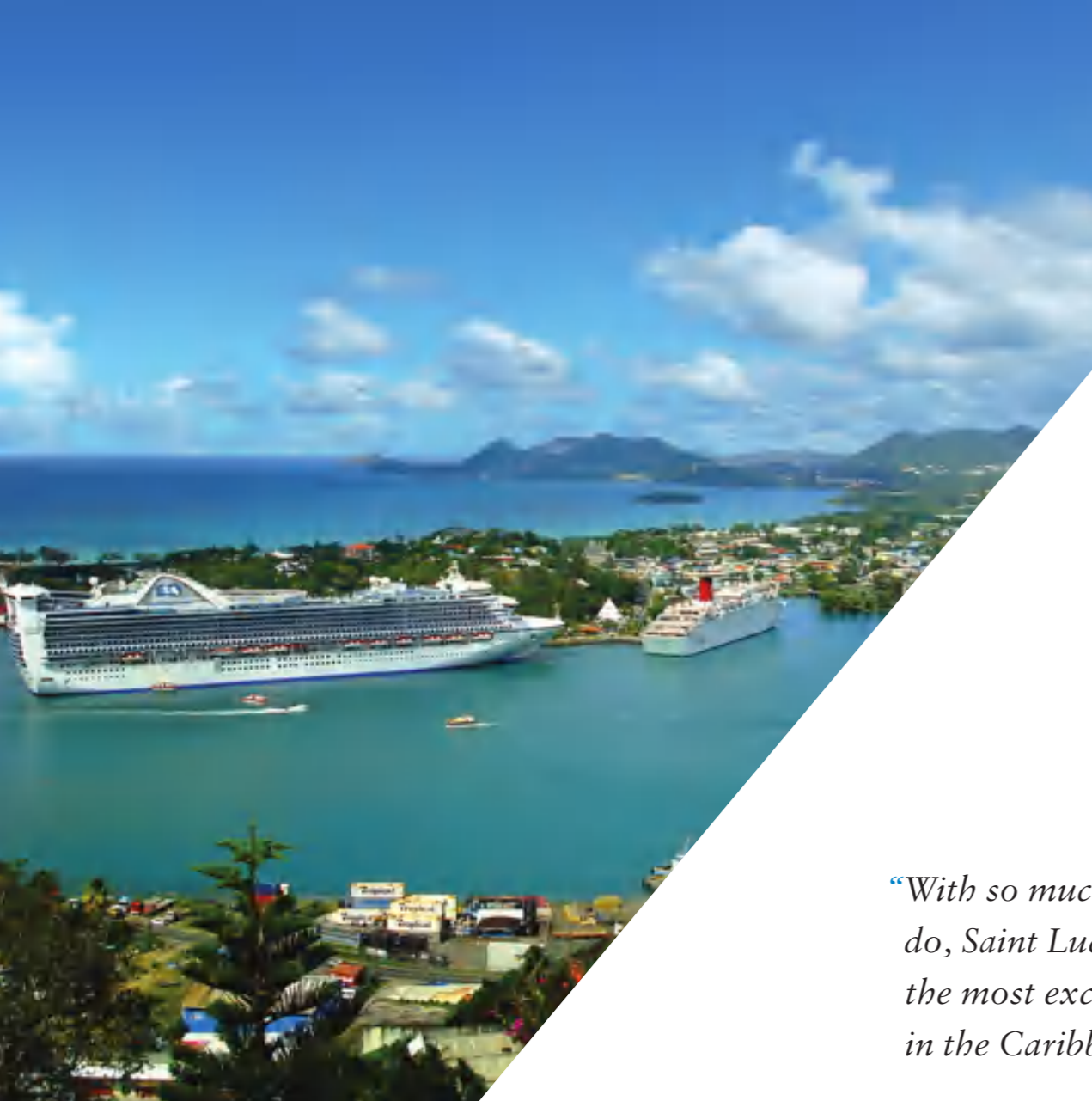
As is the case across much of the English-speaking Caribbean, cricket is a real Saint Lucian passion. The Daren Sammy Cricket Ground built in 2002 just outside Rodney Bay, is the most modern stadium in the region, and hosts international matches – including England's group games in the 2007 Cricket World Cup.

Next to the Daren Sammy Cricket Ground is the Beausejour Indoor Stadium. Initially built as an indoor practice venue for international cricketers taking part in the World Cup in 2007, the facility has since become home to netball, volleyball and basketball. It is equipped with a state-of-the-art electronic scoreboard and timers.

The National Tennis Centre is also located next to the Beausejour ground and boasts six courts including a stadium court, and has plans for expansion.

With so much to offer, sporting tours of Saint Lucia are popular with British schools, universities and clubs, with plenty of local cricket, netball and football sides on the island keen to take on the visiting teams.

*“From world-class cricket to netball and off-road biking, a whole range of sporting activities await on dry land.”*



*“With so much to see and do, Saint Lucia is one of the most exciting stops in the Caribbean.”*

## CRUISING AROUND THE ISLAND’S HIGHLIGHTS

Saint Lucia is one of the most exciting stops on Caribbean cruise itineraries. Even if you’re visiting Saint Lucia just for the day, you will still have plenty of time to take in a few of the island’s highlights. Most cruise ships dock in the port of Castries, in strolling distance of bustling markets laden with fruits, vegetables, handicrafts, world-class shopping and restaurants. Should you venture beyond the island’s capital, popular trips are to the Soufriere area, for close-up views of the Pitons, visits to the Diamond Falls Botanical Gardens and the Caribbean’s only drive-in volcano. If you want to reduce time on the road, you could have a swim, and lunch, in the photogenic Marigot Bay.

Alternatively, spend the morning soaring over the rainforest canopy on an aerial tram near Babonneau. Then in the afternoon, chill out on the golden sands of Reduit Beach in Rodney Bay, or climb Pigeon Island’s Fort Rodney to take in the superb 360° views. A wide choice of tours can be booked through local operators.

# CALENDAR OF EVENTS

## JANUARY

### Nobel Laureate Week

Saint Lucians, Professor Sir Arthur Lewis, who won the Nobel Prize for economics in 1979, and Sir Derek Walcott, recipient of the literature award in 1992, share the same birthday – 23 January. Poetry readings, theatrical productions and lectures take place towards the end of January.

## FEBRUARY

### Independence Day

On 22 February, 1979, Saint Lucia became independent from Britain. The date is a national holiday, and is marked with official parades.

## MAY

### Saint Lucia Jazz & Arts Festival

The Saint Lucia Jazz & Arts Festival in May brings the most anticipated Jazz festival of the Caribbean; a celebration of music, culture, fun and delight. Experience seven days of eclectic musical brilliance from international, regional and local Jazz artists, in beautifully intimate settings throughout the island. Visit [www.stlucia.org](http://www.stlucia.org)

## JUNE/JULY

### Saint Lucia Carnival

Saint Lucia Carnival is an explosion of colour, rhythm and creativity. The month-long festival is an exhibition of cultural creativity when the airwaves pulsate with Calypso, Soca and Steelpan music and Lucian Kuduro (Dennery Segment). An environment bustling with activity abounds, carnival bands building costumes, community beauty pageants, a national beauty pageant, high voltage shows, and Band fetes abounding, all culminating in a 2-day costumed parade of the bands and road march tune competition. Visit [www.stlucia.org](http://www.stlucia.org)

## AUGUST

### Roots & Soul

The festival is dedicated to the upliftment of mind and soul, bringing together the trend setters in reggae, conscious hip-hop, Afropunk and R&B. Celebrating social justice, spiritual upliftment and love, the festival connects the positive vibrations of the Island with immense talent to provide a distinctively powerful experience. Visit [www.stlucia.org](http://www.stlucia.org)

### La Rose Flower Festival

This cultural event takes place on the 30 August and is one of the two Flower Festivals held annually in observance of Saint Lucia’s rich cultural memory, history and heritage. These two Flower festivals depict a historical rivalry among communities whose members sing the virtues of their flowers. “La Rose” members pledge their allegiance to the rose by dressing in red and creating flamboyant displays made of roses.

## SEPTEMBER

### Food & Rum Festival

The Saint Lucia Food & Rum Festival is a four-day celebration of the island’s unique culinary offerings derived from its French, British, African and Indian heritage combined with the finest rums of the Caribbean and the world. The festival will feature sampling booths, live cooking demonstrations, rum tastings and a power packed live concert. Visit [www.stlucia.org](http://www.stlucia.org)

## OCTOBER

### Creole Heritage Month

The month-long festival is a celebration of the richness and diversity of Saint Lucia’s cultural, ethnic and artistic heritage. The month of activities involve art exposés, music, beauty pageants, performance arts, cuisine and various other forms of cultural expression. The festival crowning event is Jounen Kwéyòl/ Creole day, the largest celebration of kwéyòl culture celebrated on the last Sunday in October.

### La Marguerite Flower Festival

Many Saint Lucians observe the day as Fete La Marguerite on 17th October. This is the second of the two flower festivals held annually. Members of each flower pledge allegiance to unique cultural events in the life and history of Saint Lucia. La Marguerite members dress in the colour purple and create displays of the Marguerite flower in addition to singing their traditional songs.

## NOVEMBER

### Saint Lucia Triathlon

The Saint Lucia Triathlon is the culmination of a week-long festival of fun activities. To ensure that there is something for all levels of competitor

there will be a choice of different courses, all winding through some of the most stunning scenery in the Caribbean.

## DECEMBER

### Atlantic Rally for Cruisers (ARC)

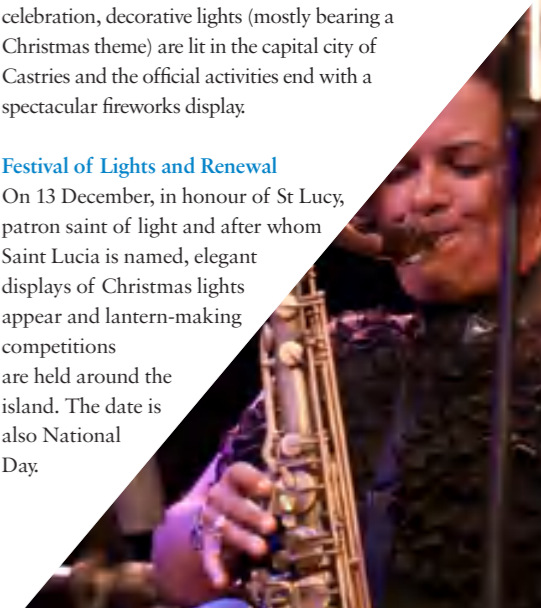
Each year, over 200 yachts join in the world’s largest transoceanic sailing event, from Gran Canaria to Saint Lucia. The 2,700 nautical mile crossing takes two to three weeks, and ends in Rodney Bay Marina, where concerts and celebrations are held to welcome the sailors. Visit [www.worldcruising.com/arc](http://www.worldcruising.com/arc)

### National Day

Saint Lucia’s Day (sometimes Lucy for short) is the Church feast day dedicated to St. Lucy of Syracuse, the Saint of Light, and is observed on the 13th of December. The National Festival of Lights and Renewal is held the night before the holiday. In this celebration, decorative lights (mostly bearing a Christmas theme) are lit in the capital city of Castries and the official activities end with a spectacular fireworks display.

### Festival of Lights and Renewal

On 13 December, in honour of St Lucy, patron saint of light and after whom Saint Lucia is named, elegant displays of Christmas lights appear and lantern-making competitions are held around the island. The date is also National Day.







# TRAVEL ESSENTIALS

## HEALTH

Unless coming from an infectious area, no vaccinations are required. However, hepatitis A, polio and typhoid are recommended vaccinations. Water is safe to drink from the tap, and bottled/distilled water is widely available.

## WEATHER

Tropical, with daytime temperatures typically in the mid to high 20s celsius year round. June to November is the wetter time of year.

## CURRENCY

The official currency is the Eastern Caribbean dollar, which is linked to the US dollar at US\$1 to EC\$2.70. You can also pay for most items with US dollars, and hotel rates are quoted in US dollars. Cashpoints issue EC dollars.

## TIME DIFFERENCE

In winter, Saint Lucia is four hours behind Greenwich Mean Time, and from late March to late October (British Summer Time) five hours behind the UK.

## ELECTRICITY

Generally 220 volts, 50 cycles AC, with most sockets taking UK standard 3-pin square plugs. Adaptors are available at many hotels.

## DIAL CODE

The international dialling code for Saint Lucia is (00) 1 758.

## GETTING AROUND

### Taxis

These are widely available. Point-to-point fares are fixed, but it's still advisable to establish the

cost of the journey before setting off. Taxis can also be booked for island tours. In the Rodney Bay and Soufriere areas, water taxis will take you along the coast to nearby beaches.

### Car hire

Vehicles can be rented from the airports and hotels, and booked in advance through travel agents and car rental offices. You will need a temporary driving permit, purchasable from the rental company. A four-wheel drive vehicle is a good idea.

### Buses

A network of minibuses provides public transport to most corners of the island, and fares are cheap.

### Ferries

Those who prefer to do much of their travelling on the water will find that Saint Lucia is well serviced by ferries, making it easy to include Saint Lucia in any island hopping tour. Several ferry lines connect Saint Lucia with Martinique, Dominica and Guadeloupe.

Visit [www.express-des-iles.com](http://www.express-des-iles.com) which operates a daily ferry service between Saint Lucia and Martinique.

### Helicopters

Spectacular aerial tours of Saint Lucia are possible, and helicopter transfers between Hewanorra and George FL Charles airports reduce the travel time between the south and north of the island. For more information, visit [www.stluciahelicopters.com](http://www.stluciahelicopters.com).

## TAXES AND SERVICE CHARGES

On hotel and restaurant bills, a government tax and a service charge are applicable. These charges are often not included in hotels' published rates and on restaurant menus. However, the prices on labels in shops are what you pay.

# TOUR OPERATORS

Abbot Travel  
[www.abbot.travel](http://www.abbot.travel)

Abercrombie & Kent  
[www.abercrombiekent.co.uk](http://www.abercrombiekent.co.uk)

Audley Travel  
[www.audleytravel.com](http://www.audleytravel.com)

Azure Collection  
[www.azurecollection.com](http://www.azurecollection.com)

Bailey Robinson  
[www.baileyrobinson.com](http://www.baileyrobinson.com)

Barefoot Traveller  
[www.barefoot-traveller.com](http://www.barefoot-traveller.com)

Barrhead Travel  
[www.barrheadtravel.co.uk](http://www.barrheadtravel.co.uk)

Best At Travel  
[www.bestattravel.co.uk](http://www.bestattravel.co.uk)

Blue Bay Travel  
[www.caribbeanwarehouse.co.uk](http://www.caribbeanwarehouse.co.uk)

British Airways Holidays  
[www.ba.com](http://www.ba.com)

Burleigh Travel  
[www.burleightravel.co.uk](http://www.burleightravel.co.uk)

Caribbean Unpackaged  
[www.caribbean-unpackaged.com](http://www.caribbean-unpackaged.com)

Caribtours  
[www.caribtours.co.uk](http://www.caribtours.co.uk)

Carrier  
[www.carrier.co.uk](http://www.carrier.co.uk)

Chic Locations  
[www.chiclocations.com](http://www.chiclocations.com)

Classic Collection  
[www.classic-collection.co.uk](http://www.classic-collection.co.uk)

Classic Resorts (Ireland)  
[www.classicresorts.ie](http://www.classicresorts.ie)

CV Villas  
[www.cvvillas.com](http://www.cvvillas.com)

DialAFlight  
[www.dialaflight.com](http://www.dialaflight.com)

Destinology  
[www.destinology.co.uk](http://www.destinology.co.uk)

Eden Luxury Travel  
[www.edenluxurytravel.co.uk](http://www.edenluxurytravel.co.uk)

Edwin Doran Sports Tours  
[www.edwindoran.com](http://www.edwindoran.com)

Elegant Resorts  
[www.elegantresorts.co.uk](http://www.elegantresorts.co.uk)

Exceptional Villas  
[www.exceptionalvillas.com](http://www.exceptionalvillas.com)

Expedia  
[www.expedia.co.uk](http://www.expedia.co.uk)

Expressions Holidays  
[www.expressionsholidays.co.uk](http://www.expressionsholidays.co.uk)

Exsus Travel  
[www.exsus.com](http://www.exsus.com)

First Choice Holidays  
[www.firstchoice.co.uk](http://www.firstchoice.co.uk)

Flight Centre  
[www.flightcentre.co.uk](http://www.flightcentre.co.uk)

Gullivers Sport Travel  
[www.gulliverstravel.co.uk](http://www.gulliverstravel.co.uk)

Hays Travel  
[www.haystravel.co.uk](http://www.haystravel.co.uk)

Health and Fitness Travel  
[www.healthandfitnesstravel.com](http://www.healthandfitnesstravel.com)

Heatherlea  
[www.heatherlea.co.uk](http://www.heatherlea.co.uk)

HF Holidays  
[www.hfholidays.co.uk](http://www.hfholidays.co.uk)

Holidays Please  
[www.holidaysplease.co.uk](http://www.holidaysplease.co.uk)

Hotels of the Caribbean  
[www.hotelsofthecaribbean.co.uk](http://www.hotelsofthecaribbean.co.uk)

Inspire Sport  
[www.inspiresport.com](http://www.inspiresport.com)

Inspiring Travel Company  
[www.inspiringtravelcompany.co.uk](http://www.inspiringtravelcompany.co.uk)

Just You  
[www.justyou.co.uk](http://www.justyou.co.uk)

Kenwood Travel  
[www.kenwoodtravel.co.uk](http://www.kenwoodtravel.co.uk)

Kuoni  
[www.kuoni.co.uk](http://www.kuoni.co.uk)

lastminute.com  
[www.lastminute.com](http://www.lastminute.com)

Letsgo2  
[www.letsgo2.com](http://www.letsgo2.com)

Living with The Lions  
[www.livingwiththelions.co.uk](http://www.livingwiththelions.co.uk)

Lusso Travel  
[www.lussotravel.com](http://www.lussotravel.com)

Luxury Holidays  
[www.luxuryholidays.co.uk](http://www.luxuryholidays.co.uk)

Luxury Holidays Direct  
[www.luxuryholidaysdirect.com](http://www.luxuryholidaysdirect.com)

Luxury Worldwide Collection  
[www.lwcholidays.com](http://www.lwcholidays.com)

Naturetrek  
[www.naturetrek.co.uk](http://www.naturetrek.co.uk)

Original Travel  
[www.originaltravel.co.uk](http://www.originaltravel.co.uk)

Ornitholidays  
[www.ornitholidays.com](http://www.ornitholidays.com)

Oxford Private Travel Company  
[www.oxfordprivatetravel.com](http://www.oxfordprivatetravel.com)

Perfect Weddings Abroad  
[www.perfectweddingsabroad.co.uk](http://www.perfectweddingsabroad.co.uk)

Prestbury Travel  
[www.prestburytravel.co.uk](http://www.prestburytravel.co.uk)

Prestige Caribbean  
[www.prestigecaribbean.com](http://www.prestigecaribbean.com)

Quintessentially Travel  
[www.quintessentiallytravel.com](http://www.quintessentiallytravel.com)

Ramblers Worldwide Holidays  
[www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk)

Red Savannah  
[www.redsavannah.com](http://www.redsavannah.com)

SAGA  
[travel.saga.co.uk](http://travel.saga.co.uk)

SN Travel  
[www.sntravel.co.uk](http://www.sntravel.co.uk)

Scott Dunn  
[www.scottdunn.com](http://www.scottdunn.com)

Simply St. Lucia  
[www.simplystlucia.co.uk](http://www.simplystlucia.co.uk)

Sovereign Luxury Travel  
[www.sovereign.com](http://www.sovereign.com)

Sportif Dive  
[www.sportifdive.co.uk](http://www.sportifdive.co.uk)

Steppes Travel  
[www.steppestravel.co.uk](http://www.steppestravel.co.uk)

Sweet Chariot  
[www.sweetchariot.co.uk](http://www.sweetchariot.co.uk)

Thomas Cook  
[www.thomascook.com](http://www.thomascook.com)

Trailfinders  
[www.trailfinders.com](http://www.trailfinders.com)

Travel Bag  
[www.travelbag.co.uk](http://www.travelbag.co.uk)

Travel Counsellors  
[www.travelcounsellors.com](http://www.travelcounsellors.com)

Travel Up Group  
[www.travelup.co.uk](http://www.travelup.co.uk)

Tropic Breeze  
[www.tropicbreeze.co.uk](http://www.tropicbreeze.co.uk)

Tropical Sky (Ireland)  
[www.tropicalsky.ie](http://www.tropicalsky.ie)

Tropical Sky  
[www.tropicalsky.co.uk](http://www.tropicalsky.co.uk)

Turquoise Holidays  
[www.turquoiseholidays.co.uk](http://www.turquoiseholidays.co.uk)

Virgin Holidays  
[www.virginholidays.com](http://www.virginholidays.com)

Wild Wings  
[www.wildwings.co.uk](http://www.wildwings.co.uk)

# ACCOMMODATION

Saint Lucia offers an array of accommodation to suit varying tastes and budget.

See below of a list of some of the larger hotels.

## Luxury

Anse Chastanet Resort  
[www.ansechastanet.com](http://www.ansechastanet.com)

BodyHoliday  
[www.thebodyholiday.com](http://www.thebodyholiday.com)

Rabot Hotel Saint Lucia from Hotel Chocolat  
[www.thehotelchocolat.com](http://www.thehotelchocolat.com)

Calabash Cove  
[www.calabashcove.com](http://www.calabashcove.com)

Cap Maison  
[www.capmaison.com](http://www.capmaison.com)

East Winds  
[www.eastwinds.com](http://www.eastwinds.com)

Jade Mountain  
[www.jademountain.com](http://www.jademountain.com)

Ladera Resort  
[www.ladera.com](http://www.ladera.com)

Zoetry Marigot Bay St. Lucia  
[www.amrcollection.com/en/resorts-hotels/zoetry/destinations/st-lucia](http://www.amrcollection.com/en/resorts-hotels/zoetry/destinations/st-lucia)

Serenity at Coconut Bay  
[www.serenityatcoconutbay.com](http://www.serenityatcoconutbay.com)

Sugar Beach, a Viceroy Resort  
[www.viceroyhotelsandresorts.com/sugarbeach](http://www.viceroyhotelsandresorts.com/sugarbeach)

The Landings  
[www.thelandingsstlucia.com](http://www.thelandingsstlucia.com)

Windjammer Landing Villa Beach Resort  
[www.windjammer-landing.com](http://www.windjammer-landing.com)

## All-Inclusive

Coconut Bay Resort & Spa  
[www.coconutbayresort.co.uk](http://www.coconutbayresort.co.uk)

Stolen Time by Rendezvous  
[www.stolentime.com](http://www.stolentime.com)

Royalton Saint Lucia Resort & Spa  
[www.royaltonresorts.com/royalton-saint-lucia](http://www.royaltonresorts.com/royalton-saint-lucia)

Sandals Grande St. Lucian Beach Resort & Spa  
[www.sandals.co.uk](http://www.sandals.co.uk)

Sandals Halcyon Beach  
[www.sandals.co.uk](http://www.sandals.co.uk)

Sandals Regency La Toc  
[www.sandals.co.uk](http://www.sandals.co.uk)

St James's Club by Elite  
[stjamesclub.amrcollection.com](http://stjamesclub.amrcollection.com)

## Rodney Bay Village

Bay Gardens Beach Resort  
[www.baygardensbeachresort.com](http://www.baygardensbeachresort.com)

Bay Gardens Hotel  
[www.baygardenshotel.com](http://www.baygardenshotel.com)

Bay Gardens Inn  
[www.baygardensinn.com](http://www.baygardensinn.com)

Bay Gardens Marina Haven  
[www.baygardensresorts.com](http://www.baygardensresorts.com)

Coco Palm  
[www.coco-resorts.com](http://www.coco-resorts.com)

Ginger Lily Hotel  
[www.gingerlilyhotel.com](http://www.gingerlilyhotel.com)

Harmony Suites  
[www.harmonysuites.com](http://www.harmonysuites.com)

Mystique St. Lucia by Royalton  
[www.mystiqueresorts.com/resorts/st-lucia](http://www.mystiqueresorts.com/resorts/st-lucia)

Starfish St Lucia (formerly Papillon St Lucia)  
[www.starfishresorts.com](http://www.starfishresorts.com)

Harbor Club St. Lucia, Curio Collection by Hilton  
[www.theharborclub.com](http://www.theharborclub.com)

The Soco House  
[www.thesocohotel.com](http://www.thesocohotel.com)

## Boutique

Crystal Cottages  
[www.stluciacrystals.com](http://www.stluciacrystals.com)

Fond Doux Plantation  
[www.fonddouxestate.com](http://www.fonddouxestate.com)

Stonefield Villa Resort  
[www.stonefieldvillas.com](http://www.stonefieldvillas.com)

Ti Kaye Resort  
[www.tikaye.com](http://www.tikaye.com)

Villa Beach Cottages  
[www.villabeachcottages.com](http://www.villabeachcottages.com)

## SAINT LUCIA Collection de Pépites

VILLAS • B&Bs • BOUTIQUE HOTELS

Collection de Pépites offers hundreds of small gem accommodation options, with something for everyone. Find your Saint Lucia sweet spot.

For those who are looking for something off the beaten track or a bit more intimate, we introduce you to Collection de Pépites – showcasing a broad selection of unique island jewels, including local villas, B&Bs, boutiques and inns.

The name originates from Saint Lucia's French heritage and means a collection of small pieces or nuggets of gold. And hundreds of Collection de Pépites properties can be found throughout the island.

Collection de Pépites features villas, B&Bs, boutique hotels and inns with 35 rooms or fewer. Many of these gems offer distinct opportunities for visitors to discover culture, culinary and wellness experiences within truly one-of-a-kind accommodations. Perhaps a luxury villa with a view of the

Pitons for your multi-generational family vacation, or a boutique hotel with gourmet dining to celebrate a major milestone. Or maybe a romantic cottage nestled in the rainforest with stunning Caribbean sea views. Or even a modern townhouse in a gated community near the heart of the action in Rodney Bay.

Continue below to find the one that is perfect for you!

Visit [stlucia.org](http://stlucia.org) for more details on these properties


For those looking for a villa concierge service, please check out Blue Sky Villas, Saint Lucia for various options on having a villa holiday at [www.blueskyluxury.com/st-lucia](http://www.blueskyluxury.com/st-lucia)




# SAINT LUCIA

[www.stlucia.org](http://www.stlucia.org)

Call 020 7341 7000 or email [stainfo@stluciauk.org](mailto:stainfo@stluciauk.org)

 Like us on Facebook: [www.facebook.com/saintluciauk](http://www.facebook.com/saintluciauk)

 Follow us on Twitter: [@saintluciauk](https://twitter.com/saintluciauk)

 YouTube: [saintluciauk](https://www.youtube.com/saintluciauk)

 [@travelsaintlucia](https://www.instagram.com/travelsaintlucia)

