

Le guide di CaraibiOnline



SAINT LUCIA

www.stlucia.it

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What's St Lucia like?

St Lucia, a fascinating tropical island, is part of the Antillean archipelago. The spectacular beauty of its towns, its fauna, its bewitching beaches, the sincerity of the place and locals full with the joy of life, which just explodes during the jump up at the weekend. It's going to emerge you in a Caribbean reality where tourism co exists with the small fishing villages in harmony with in the beauty of its flora and fauna.

GEOGRAPHY AND LANDSCAPES



The island of St Lucia is part of the small Antilles, between 60 and 61 longitude west and 13 and 14 latitude north, and about 30 km south from the French island of Martinique and 25km north of the island of St Vincent. Its coasts touch both the Atlantic ocean and the Caribbean sea. St Lucia is in the form of a teardrop and stretches over 43 km long and 23km wide, for a total surface area 619km. A volcanic island, St Lucia is a mountainous island with valleys rich with tropical forests, which slope down towards the sea giving way to space for banana and sugarcane plantations. The highest point is Mont Gimie at 959m, but the characteristic panorama of St Lucia is the pitons, two spectacular volcanic cones, Petit Pitons and Gros Piton respectively high 750m and 790m, they have become the symbol of St Lucia and listed by UNESCO as a human heritage site. The northern end of the island is less mountainous and has a dryer climate. It homes the major part of the large hotels and containing the route from Castries to Gros Islet, has become the main commercial area, stretching beyond the capital and the surrounding hills. Along the west Caribbean coast is the main residential area and it here that most of the best beaches are. The east Atlantic coast, is less populated, there are not so many beaches and the waters are often hostile; the north eastern part of St Lucia has no road connections to the central part of the island.

BEACHES AND SEASIDE



A volcanic island like all the islands on the arch of the small Antilles, St Lucia has both black and white sands. Most of the white sand beaches are concentrated on the Caribbean coast to the north of Castries, between Vigie

and Gros Islet, but you mustn't miss more to the south in the Soufriere region, the most spectacular creeks set around a small bay encircled by palm trees set in the rigorous emerald scenery of the tropics.

From Castries to Pigeon Island

The beach at Vigie, or Rendez-vous beach, (From the name of the resort which is there,) next to the regional airport of Vigie, is a long white sanded beach.

Choc Bay beach, is also the name of the restaurant bar on the wharf next to the beach, is pretty and calm.

Marisula beach, is a tranquil beach mostly frequented by local families.

Reduit beach is a long beach in the zone of Rodney bay next to the hotels and resorts, is equipped with deckchairs etc., the waters are crystal blue which makes it perfect for water sports.

Causeway beach is another long beach which stretches from Gros Islet to Pigeon Island.

Around the natural park on Pigeon island there is a further two beaches, mostly frequented by tourists.

From Castries to Vieux Fort

Marigot bay, one of the most beautiful bays in the Caribbean is a series of sands and palms which you can be taken around by taxi boat.

Anse Cohon, is a beautiful black sanded beach at the Ti Kaye Village hotel, 10 mins from the main road, is a great place to snorkel.

Anse Chastanet, just before you get to Soufriere, is also ideal for snorkeling, but unfortunately taken up a Hotel.

By taxi boat you can also get to Anse Mamin a picturesque beach encircled by palms, often chosen by wedding parties.

Malgretoute beach and Jalousie beach, (Anse des Pitons,) are both beautiful tropical beaches located under the Pitons. You can get to them from the road through the hotel Jalousie Plantation.

In Choiseul you can move from the beautiful black sanded beach of Sab Wee Sha beach park to an emerald green zone behind, often frequented by local families.

Laborie, is at the entry of the region coming in from the North is a beautiful white sanded beach.

Sandy beach in Vieux Fort is a long windy beach adapt for surf and kite surf.

The beaches on the Atlantic coast

Mostly isolated wild beaches only accessible by 4x4. Cas en Bas is reachable from Gros Islet, it is a wild windy beach, adapt again for surf and kite surf. Grande Anse is reachable from the village of Desbarras and is a long white sanded beach, where you can spot marine turtles, iguanas and many different birds species.



ACTIVITIES AND SPORTS

Diving and snorkeling

There are numerous diving centers in St Lucia; nearly all of them are on the beaches in the mayor resorts and hotels of the island. They all mostly PADI centers based on the American system. The cost of the dive only includes the rental of the bottle and air and weights. If you're not traveling with your own equipment (pack dispenser and jacket) you will have to hire them at a cost from the centre. If you haven't dived for some time, some centers will ask you to do a show dive. Nearly all the dive centers offer snorkeling excursions too. The volcanic formation of St Lucia has given life to a fantastic oceanic scenery all accessible at level 1, many accessible directly from the beach.

All dive sites at St Lucia are found all along the Caribbean coast. Chastanet Bay directly accessible from the beach is a marine reserve with beautiful coral reefs not far from the coast line offers a wide variety of corals, sponges and barrier fish; don't miss out on the turtles and octopus. On a night dive you might see the thing, a marine creature not yet classified.

Key Hole Pinnacles a spot frequently visited for its beauty and voted as one of the most beautiful dive sites in the Caribbean, is comprised of 4 underwater mountains covered in coral and gorgonians.

At Canaries, not far from the beach Anse du Cochon, the wreck of the cargo ship Lesleen M 50m long and 20 m submerged in a marine reserve.

At the feet of the Pitons there are numerous dive sites, ideal also for snorkeling. Coral gardens at the foot of Gros Piton, named that for its multitude of corals rest between 5 and 15 meters. Superman Flight in front of Petit Piton, gets its name from the Superman 2 filmed there in St Lucia, is a dive drift deep 50 meters and renowned for the clarity of its waters. Anse la Raye is one of the

most popular dive sites, where you can find enormous volcanic rock formations.

Trekking and excursions

The exuberant nature of St Lucia gives its self to beautiful excursions and forestall tracking. Qualified guides can lead you into the discovery of its rain forests. The forestall department has marked a series of paths accessible at varies levels and difficulties. It's possible to go bird watching and discover an array of species (included in which the St Lucian parrot, or Jacquot, species endemic only to the island of St Lucia in its central forests); other excursions can walk you through its forests to visit its waterfalls, for the more courageous the climb up Gros Piton to its summit will be a moment to remember.

Various excursions in quad in the area of Micoud lead you through its forests, plantations and its Atlantic beaches.

Various ridding centers offer riding excursions along its beaches and in the countryside of St Lucia.

OUT & ABOUT.....DON'T FORGET

- *To take water, (At least 1.5l a person,) and snacks.*
- *A hat to protect you from the sun & rain.*
- *Be careful around 17.30 18 when the sun starts to set, it gets dark quick.*
- *Respect the environment, don't leave your litter around.*
- *Check up on the weather forecast before setting off, sudden down pours can be heavy & dangerous*
- *Don't touch plants and such like that you don't know about and don't pick potentially protected plants.*

Other activities

The mayor part of the big hotels in St Lucia have tennis courts and also offer the possibility of kayak, water ski and other sporting activities. It's not missing fitness centers which are mostly situated on the north of the island next to the hotels.

Mountain bike is another fascinating way to discover the centre island. Daily Catamaran cruises, depart from all principle touristic sites in the north are another way to enjoy the beauty of the island

and sea. Sport fishing is also offered and whale watching. Don't miss out on helicopter tours for a different emotional view point of St Lucia.

Cricket is the national sport of St Lucia and is the most commonly practiced.

Wind surf and kite surf are overall practiced at Anse de Sable in Vieux Fort and in Cas à Bas, where the wind conditions are ideal for those looking for a powerful experience.

Numerous hotels along the Caribbean coast rent out windsurf equipment to its guest.

Golf

If you're passionate about golf or just interested in potting a few holes, you can't beat St Lucia for its panoramic views, gentle breezes and all year sunshine for playing.

There are two golf courses in St. Lucia: one at the Sandals Regency St. Lucia Golf Resort & Spa (Where friends not so keen on playing can relax in the nearby Spa,) and one at the St. Lucia Golf and Country Club located at Cap Estates on the northern end of the island.

EMERALD FORESTS OF ST LUCIA



St Lucia is attractively covered by a valley of tropical green forests all encasing cascading waterfalls. The humid forests cover 10% of the surface of the island of St Lucia many of which are nominated protected natural parks. St Lucia houses a wide variety of tropical flora and fauna. Among the animals present in St Lucia

don't forget the St Lucian parrot an endemic and protected species, the boa constrictor, the Fer de Lance viper, many species of frog, iguanas and lizards, mongoose and agoutis. On the nature reserve of frigate island on the Atlantic coast in the region of Dennery, it homes many different listed species, comprising of some endemic birds and many different types of herons. Maria island nature reserve, in front of Sandy beach in Vieux Fort, is the only known habitat for the rare St Lucian racer snake and home to the Zandoli lizard unique to the island, as well as numerous species of birds. There are many different trekking circuits to discover these marvelous places, but a guide is always recommendable. The geological formation of St Lucia makes it attractive for volcanic activities, ever present over all in the Soufriere region, the last

volcanic eruption on the island was in 1766. A place you must visit is the sulfuric springs, waterfalls and gardens around the area of Soufriere, where you can take a bath in its 40 degree waters, whilst taking in the tropical emerald forests which surround this site. For nature lovers and passionate botanists, we would like to point out Roger Graveson's site. Co owner of the Panache guest house and expert on St Lucia's plants and fauna (saintlucianplants.com)

A LITTLE BIT OF HISTORY



The first natives to the island were of Amerindian origin, first the Arawak's, who settled on the island between 1000 and 500 b.c., overrun after by the Caribs Kalinago around 800 b.c. The name of the island was Iouanalao or Hewanorra, which means the island of iguanas. St Lucia was never

discovered by Christopher Columbus, they say that his Spanish campaign Juan De La Cosa settled for a while in 1500, but the discovery of the island is still a point of controversy. The first Europeans on the island were French and were led by Francois le Clerc, known as Jambe de Bois (Peg leg) a pirate who around 1550 settled on Pigeon island to be able to attack the Spanish fleets.

The English arrived on the island the first time in 1605, then again in 1638 but were defeated by the Caribs. The French then tried to settle they tried to negotiate with the local population. In 1746 they founded the city of Soufriere. The island then became a contest between the French and English changing hands some 14 15 times between the 17th and 18th century. In 1778 the British founded the naval base of Gros Islet and fortified Pigeon island, starting a series of attacks on the French, which ended in an English victory in the famous battle of Les Saintes in 1782.

In 1794 St Lucia's brigands war eliminated the island of French and freed the slaves. The freed slaves revolted against the English, and it turned out to be the longest battle which happened on the island and resulted in 6000 dead amongst the local population. Again this was followed by different changes of hand until finally in 1814 the British took final possession of the island with the Paris agreement. St Lucia became autonomous in 1967 and became part of the British Commonwealth on the 22nd February 1979.

ST LUCIA, AN INDEPENDENT STATE



In 1979 St Lucia became an independent state, formed by a democratic parliamentary government based on a model of the British system and part of the Commonwealth.

CULTURE AND POPULATION

St Lucia has a population of 160 000 inhabitants, like most of the other Caribbean islands the population is the result of different ethnic routes with the predominance of African origin. The official language is English, but Creole from French origin is widely used amongst the locals. The principal religion is Catholic at 70%, with a smaller Adventist, Anglican, and 7th day Adventists, percent. The numerous Rasta's on the island are Rastafarians. We can find Creole heritage in many aspects of everyday life, encompassing the serenity and want to party in the weekend (Jump up, fish fry etc.) In October they have Creole day, an appointment which celebrates Creole culture and is celebrated on the last Saturday of the month. Locals dress in Madras, eat typical Creole dishes and craft local traditional arts, celebrating the traditions in forefront.

ECONOMY

Tourism is the principal source of income for the island, foreign investments and touristic structures are in rapid expansion. Agriculture is the second main activity on the island. The largest exports are bananas, coconut and cacao.

ST. LUCIA JAZZ FESTIVAL

Since 1992 this world renowned jazz event in May is unmissable not only for the passionate. The St Lucia Jazz festival has become a world renowned musical event. From the 30th of April to the 11th of May 2014, is a nonstop concert, which stretch over day and night and showcase internationally famous artists.

SHOPPING AND DUTY FREE

The duty free area of Seraphine is considered the best duty free area in the Caribbean. You can find other duty free areas on the island too, Carenage Place in Castries and at the departures of Hewanorra international airport. You can buy jewelry, perfumes, cosmetics, liquors, cigarettes, cigars, presents and local crafts. In Castries central market , you can find different local craft items,

woodcraft, ceramics, baskets and natural fiber objects. In Choiseuil there is a reputed local crafts center.

BROTHERS INTERNATIONAL BARBER SHOP

A long standing tradition all over the Caribbean Islands is the barber shop you will find Caribbean men go frequently about once a week, to have an traditional style 'cut throat razor,' cut, neaten up their hair, tidy up other facial hair or have a beard design. The barber shop also serves as a meeting point to chat, discuss sport and catch up on local news. Some salons are unisex and the ladies section will offer eyebrows, hair styles, wash & blow drys and some shops offer nail extensions. The prices are very reasonable, but be prepared to wait your turn. Profit on the wait and join in with the gossip.



Brothers International Barber Shop

Gros Islet - St Lucia

Tel: 713-5508 or 715-3391

www.facebook.com/BrothersBarberSalon

CREOLE CUISINE AND LOCAL RESTAURANTS



The choice of restaurants is truly ample in St Lucia, above all in its more touristic zones. Numerous western European restaurants exist to satisfy the most demanding of palates all with good service standards and all offer a particular atmosphere, from the pirate's caverns to the style feng shui. You can choose between all types of cuisine, French, Thai, Italian, and Creole, passing from a dinner based on grilled lobster, to BBQ, to pizza. Some of the best restaurants in St Lucia are based inside the most exclusive hotels on the island, who welcome outside clients with pleasure. Eating in the local restaurants is an occasion to discover the flavors and tastes of the Creole cuisine of St Lucia and immerse yourself in the everyday life of the island. The local restaurants simply called the local bars, propose modest prices both for the local dishes and western European. With less than 5Euro you can eat a complete plate, fish or meat with vegetables, beans and rice accompanied with a soda or local bear Piton.

Mostly influenced by the French, then African with a touch of Indian has contributed in giving life to the Creole cuisine of St Lucia. Born in the 5th century of immigration and with the encounter of the Amerindian cuisine, which survived the times and even now remembered in the use of ingredients like sweet potato, Ingham and manioc.

The typical St Lucian dish is "green fig and salt fish", green banana and salted cod fish. The baccala introduced by the colonies was adapted into the Creole cuisine for its richness in protein and its low cost. Cooked stew with green banana, spices and herbs is the most popular plate. Even now on some beaches in the fishing villages some people still salt the fish then dry it out in the sun to conserve it longer. The banana is also used to make ketchup "banana ketchup."

The Indian culture introduced by Indian workers in 1840 brought to the island to work in the sugar cane plantations, introduced the roti. A type of crepe or tortilla in the form of a roley and stuffed with different ingredients (Vegetables and meat) in an original Amerindian one pot. Seasoned heavily with spices and hot pepper and accompanied with red beans and local gnocchi's, typical plate of St Lucia. Pumpkin soup is another typical St Lucian dish, prepared with thyme and unsmoked bacon with a chicken broth base.

NIGHTLIFE

As the sun goes down the evening fun begins in St Lucia. In Rodney Bay you'll find the major concentration of restaurants, nightclubs and bars. Good food, good music and good company all night long. The sunrise lovers can opt for an aperitif onboard a catamaran choosing a sunset cruise cruising alone the Caribbean coast and parting at about 17.00 The Friday night Jump up and party which happens every Friday night in Gros Islet in the north of the island, where you eat, drink and dance in the street until sunrise; In Anse la Raye every Friday night there is the local fish party with fresh fish and shell fish cooked in a local way, with musical entertainment in the main street. The same party, the fish fry also happens at Dennery and at other various fishing villages on Saturday nights.

PRACTICAL INFORMATION

CURRENCY AND LANGUAGE



Exchange rates from St Lucia Eastern Caribbean Dollar (EC or XCD)

1 EC\$ = 0.283987EUR
 1 EC\$ = 0.370370 USD
 (exchange rates 09/05/13)

The official language is English; Creole is widely used between the locals. The historical successions of both the English and French of the island has influenced its Creole, giving it life and a 'patois' with a heavy French influence, with which the locals can communicate with their neighboring French island Martinique.

DOCUMENTS AND ENTRY REQUIREMENTS

Entry requirements for some European visitors and US visitors is a valid passport and a return ticket or proof of intention to exit to a forwarding destination (airways or maritime.) Upon arrival customs will permit a 42 days visitors stay. Australians will need a Visa. Upon departure from St Lucia by air travel the exit tax is included in the price of your airline ticket. By maritime means the exit tax is 30 EC. Payable in cash, both EC and US is accepted.

For driving a local temporary driving license is needed. This can be got from the immigration office in the airport, or through the main local police stations or via the hire car company. The cost is 54EC and is valid for 3 months.

TIME ZONE

St Lucia is 4 hours behind GMT.

FESTIVALS AND IMPORTANT DATES

New Year's Day: 1-2 January
 Independence Day: 22 February
 Labor Day: 1 May
 Jazz Festival 12: 5-13 May
 Carnival: July
 Emancipation Day: August
 Creole Day: October

National Day: 13 December
 Christmas Day: 25 December

SHOP AND OFFICE HOURS

Banks are open from 8.00 to 15.00, on Fridays they close at 17.00. Post offices are open from Monday to Friday from 8.30 to 16.30. Shops are normally open from 08.30 to 16.30, some have a lunch break and they are closed on Saturday afternoons. In the small villages elementary shops stay open till 22.00. The main supermarkets in Castries, Rodney Bay and VIEUX Fort are open Monday till Saturday until 20.00.

TELEPHONE AND INTERNET

From St Lucia Cable & Wireless (WI) let you make international calls and local mobile calls. Telephone boxes/booths let you call out by credit card. Digicel has the most coverage on the island.

Internet is widely available from most touristic buildings and more than often a Wi Fi connection.

Local prefix St. Lucia: 758

International prefix: +1-758-XXXXXXX

WATER AND ELECTRICITY

The tap water has been declared potable/drinkable.

The electricity voltage is 220 Volt, 50 Hertz

The plugs are in a 3 point type G (British a 3 Pole) equip yourself with a adapter before leaving for St Lucia or ask the hotel ahead if they have them at disposition.

HEALTH, DANGERS AND GENERAL ADVICE

The public health system in St Lucia is quiet lacking, there are hospitals and private clinics which you can turn to should you need to. In grave situations you should consider a transfer to Martinique.

In case of emergency call 911, there are several hospitals: Victoria Hospital at Castries- St.Jude's Hospital at Vieux Fort -

Dennery Hospital at Dennery - Soufrière Hospital at Soufrière

A private clinic Tapion Hospital at Castries, with an A &E department 24h/24 758-4592000.

In St Lucia there is risk of bilharzias, it is advised not to swim in stagnant water. The viper fer-de-lance lives on the island and its bite can be fatal. Be careful of your belongings, especially if you go

on Friday night to Gros Islet. Don't wear too many jewels and only take the cash needed for the night. Stay aware and don't stray too far from the centre of the party. It's advised to wear fresh and light clothing, in the colder evenings you may need a cardigan or sweater. Swimwear is not advised in the town centers or villages or for getting round the island. Topless is forbidden.



INTERNAL TRAVEL

Taxi

Taxis are quiet comfortable and fairly reasonable to get around and about in .Taxi drivers can offer different information and take you to more interesting places, being a tour guide at the same time. You can fix the price with the driver if you know you may need to hire them for the day or week. Average cost of an authorized taxi journey (tagged with a red or blue TX): Castries-Gros Islet 66 EC\$, RodneyBay - Gros Islet 25EC\$, Rodney Bay-Pigion Island 25 EC\$, Castries-Soufriere 239 EC\$, Castries-Anse la Raye 101 EC\$.

Minibus

Minibuses (tagged M) are numerous during morning hours and run through the day; Friday and Saturday nights, the north of the island runs a late night service to permit the locals to get back home after the jump up of Gros Islet.

Castries-Gros Islet 2,75EC\$, Castries-Rodney Bay 2,25 EC\$, Castries-Vigie 1,50 EC\$, Castries-Vieux Fort 7 EC\$, Castries-Soufriere 10 EC\$.

Car rental

Hiring a car in St Lucia will involve buying a temporary local license (54 EC) a formality which can be handled by the local hire company or you can do it yourself at the Immigration office in the airport or via the police station at Castries or other main stations on the island. Other than the large international hire companies you can find other local hire companies with often more economic rates. Ask for information on what is included in the insurance included and the conditions and make sure the vehicle has been MOT ed (UK)

certified (US). Driving in St Lucia needs a certain level of prudence, it is left hand drive and the local drivers can be quiet spirited.



TO/FROM OTHER ISLANDS

Airway links

St Lucia has airway links offered by Liat with Antigua, Dominica, Martinique St Vincent, Barbados and Trinidad. Air Caraibes and Air Antilles Express offer flights from Martinique and Guadeloupe.

Maritime links

Maritime links from the other islands run with an Express ferry from Martinique, Dominica and Guadeloupe. From Martinique another smaller maritime company La West Indies runs daily from La Marin to Castries with a small shuttle boat.

In the local port of Castries you can find local cash (UK) ATM (US) machines, a small lookout and numerous taxis to meet arriving ferries.

EXIT TAX

Upon departure from St Lucia by air travel the exit tax is included in the price of your airline ticket. By maritime means the exit tax is 30 EC\$. Payable in cash, both EC\$ and US\$ is accepted.

THE TWO AIRPORTS OF ST LUCIA

St Lucia has two airports. The international airport of Hewanorra (UVF) in Vieux Fort, and in the south of the island a smaller interregional airport Georges F Charles (SLU) in Castries. Connecting flights between the Antillean islands are based here.

SOME ADVICE...

- Ask before taking photos of people
- Be polite and smile
- Don't leave personal belongings in the car
- Don't park your car underneath coconut trees
- Drive carefully and be careful of other drivers, (Turning with out indicating, stopping on a curve etc) be careful of open drains along the road, (Pot holes, ditches,) curbs & small walls hidden by the undergrowth
- Early evening on the beach be aware of small mosquitos called gne gne they can be especially annoying
- Keep an eye on your belongings when on the beach.
- Be careful of currents
- Drink plenty of water, even if you don't feel thirsty
- Use sun protection cream, the wind can make it feel cooler than it is, the sun is always hot and can burn.
- If you intend to visit the other island travel light, it will easier to travel by plane than the ferry.

VISIT SAINT LUCIA



Castries

Castries is the capital of St Lucia, a typical Caribbean town, protected on one side by the bay, which today homes at least two cruise ships a day, and on the other side by the fort, which today houses the civil offices. The fort sits on top of the mount of Fortune, 852m high,

from which you can enjoy a magnificent view over the city and the port. Unfortunately the historic antique part of the town of Castries, (Founded in 18th century by the French,) only a small part survived the fires of 1785, 1812 and 1948. The town has grown up around these few principle streets, giving life to many new renovations and the quartier has developed in a disorderly manner. Today in the antique part of the town you can admire the Cathedral of the Immaculate Conception built in 1897; an interesting architectural piece, influenced by Antillean and African architectural styles. You can also visit the public library built in a Victorian style. The central market, particularly Saturday morning is interesting to visit.



NORTH OF CASTRIES

Rodney Bay

Rodney Bay is by excellence the main touristic area; it houses the international marina of St Lucia which goes by the same name. Along the beach of Reduit is concentrated the major part

of the hotels in St Lucia, with the years Rodney Bay has become renowned for its restaurants and night life.

Gros Islet

Gros Islet is a fishing area on the Caribbean coast and has become famous for its Jump Up party every Friday night. It is a typical Caribbean village; it offers several small eateries, bars and economic places to stay.

Pigeon Island National Park

The history of the island goes back to 1550; when the French pirate nicknamed Peg Leg made his base there in order to be able to attack the Spanish galleons on their way through the small Antilles.

Two century's latter the English built a fort on the island in order to control the passage of the French ships in the Antilles. It was from here that admiral Rodney in 1782 launched a campaign starting in Fort Royal in Martinique (today Fort de France) defeating the uniting French and Spanish fleets which plane to attack Jamaica. After the two day campaign the enemy fleet met off the coast of Les Saintes giving life to one of the most celebrated navel battles. Cessation of hostilities by the French –English the fort was abandoned during the 2nd world war.

It was transformed into a Radio Control base for the Americans. Today Pigeon island connected by a dam, built in 1970, is now a national park, where you can admire the antique military ruins and buildings, one of which homes a museum which traces the historical dates of St Lucia. The fortified mount dominates the bay of Gros Islet, with a breathtaking view over the Caribbean coast of St Lucia until the Pitons; with Martinique right in front view. The park also homes a bar, restaurant and two white sanded equipped beaches, which are often frequented by cruise ship passengers.

Cap Estate

The part furthest towards the meridian on the island, is the main residential area for the town, it also homes the odd hotel & the golf resort.



SOUTH OF CASTRIES

Marigot Bay

Described by the English writer James Michener as the most beautiful bay in the Caribbean, has been throughout the ages the center of terrible events. For years a hideaway for pirates and in

the 18th century location for battles between the French and English, during the second world war became a hideout for Nazi U boats. During the last few years however, due to the natural beauty of the bay has developed into an impressionable touristic area, other than the development of several luxury hotels, it has also given rise to a series of bars and restaurants around the marina, housing an apartment complex with a spa. The marina has become almost obligatory for yachts and sailing cruises. Its beauty has made it the choice location for many film sets, as in Doctor Doolittle and Water and Fire power with Sophia Loren.

Anse la Raye

A characteristic fishing village which has conserved its Caribbean atmosphere, it is still the center of black magic, l'obeah, similar to voodoo, still survives the advances of modern times, the obeah man, are respected and feared. Characteristic street parties on Friday night and fish fry's are typical. In the small bay nearby there has spouted many different types of resorts and hotels, oases of protected vegetation in lush tropical forests which descend towards the coastline.

Canaries

A small village on the Caribbean coast, just like Anse la Raye is an area frequented by fishermen.

Soufrière

Ffounded in 1746 and founded by the French is a lively town built around a beautiful bay dominated by the Pitons and takes its name from the sulphuric springs which the area is rich with. It keeps a pleasant Caribbean atmosphere and a starting point for many an excursion. The sulphuric springs the only volcano accessible by car in the world was called by the Carribs Qualibou and is an area rich in mysteries and superstitions. During the periods of strong thermic volcanic activity young virgins were sacrificed to calm the rage of god. Before the Caribs in 200 b.c. the Arawaks believed that the well of boiling lava was the home to the fire god Yokahu. The Diamond Botanical Gardens with its mineral bath, the Toraille waterfall encircled by tropical gardens and the Piton waterfall with its sulphuric waters are some of the places which merit a visit and why not a delightful bath in restoring waters. Thanks to the spectacular beauty of the zone many luxury resorts have grown up around the zone of Soufriere but you can also find more economic options.

Choiseul

Un Choiseul, once called the bay of limes was named in 1763 by the French after the Duke of Choiseul a minister for Louis 15th, is a fishing village on the coast line painted a lively blue with a small fish market. Just a little north of Choiseul there is a beautiful black sanded beach frequented often by tourists. In Choiseul there is an arts and crafts center.

Laborie

Laborie just like Choiseul is far away from tourism. It is a lively fishing village typical for its small wooden huts and typical verandas in Gingerbread style and on the Caribbean coast and with its volcanic beaches to the extreme north of the region.

Vieux Fort

Leaving Soufriere behind you the passage changes radically, from the steep mountains and profound valleys you pass through soft rolling hills towards a big plain in the extreme south of St Lucia, where the Caribbean sea and the Atlantic ocean and where you find Vieux Fort. This small town, gets its name from a fort built in 1654 by the Dutch has nothing by the way of interesting touristic points. The second commercial port on the island it is home to the International airport of Hewanorra. In the east of the town you find Sandy beach, bath in the Atlantic ocean ideal for windsurf and kitesurf.

The island of Maria is a nature reserve which homes the unique species of lizard the Zandoli, which remains in only a hundred or so specimens of its kind. There are also several rare serpents between which you find the Kouwees. A breathtaking view point is the lighthouse Moule à Chique (223m) which dominates the island of Maria and the island of St Vincent in the south, therefore letting you enjoy the panorama of the Caribbean and Atlantic coast. There is several accommodation options from luxury hotels on the beach to more economic hotels in the area.



THE ORIENTAL COAST

From Vieux Fort the road carries on passing through the fishing villages of Micoud and Dennery, the countryside along this coast is dryer and you can stop inn panoramic bays along the Atlantic coast. To note Frigate island Nature reserve, which is home to many different species of heron, boa constrictor and the viper fer-de-lance. There is several different hiking, trekking tours, 4x4 circuits and adventure parks you can take part in in the area. From Dennery the road heads back towards the center of the island, back through the mountains and lush forests leading back to Castries, in total 1h30 min from Vieux Fort.

WHERE TO STAY

Gros Islet – Alizé Inn

A 12 bedrooms hotel few minutes from Reduit and Pigeon
 Price: from 50US\$/night
 Web Site: www.alize-inn.info
 Telephone: 758 452 0960
 Address: Mongiraud – Gros Islet

Gros Islet – La Panache Guest House

A small guesthouse with studios and apartments with a panoramic view of the Caribbean Sea and Rodney Bay.
 Price: from 55US\$/night
 Web Site: www.lapanache.com
 Telephone: 758 450 0765
 Address: Cas en bas road – Gros Islet

Gros Islet – Palm Haven

In front of Rodney Bay Marina, a 3 stars and 35 bedrooms hotel.
 Price: from 77 US\$
 Web Site: www.palmhavenhotel.com
 Telephone: 758 456-8500
 Address: Rodney Bay - Gros Islet

Gros Islet – Stephanies Hotel

Location being the major attraction with this Hotel. If you are looking for an economic simple option, close to the happening place on the Friday night then this hotel is for you.
 Price: from 60 Euro breakfast included
 Web Site: www.stephanieshotel.com
 Telephone: 758 450 8689
 Address: Massade - Gros Islet

Castries – Stephanies Apartments

In a good area, a 2 bedrooms and a 4 bedrooms apartments with balcony overlooking the garden. There is also a holiday house for rent in Gros Islet & the happening 'Jump up' on Friday night.
 Price: from 40 Euro per person
 Web Site: www.stephanieshotel.com
 Telephone: 758 721 6081
 Address: Castries

Castries – Ponsettia Apartments

Overlooking Vigie bay, 7 individual and tastefully furnished cozy apartments
 Price: from 120\$/night
 Web Site: www.poinsettiaapartments.com
 Telephone: 758 456 0469
 Address: Vigie – Castries

Castries – Windjammer Landing

Windjammer Landing is nestled on a hillside looking out over Labrelotte bay, the resort extends down to the beach. Villas from 1 to 4 bedrooms all with private

pools, Spa, restaurants, activities.

Price: from 225 US\$/night

Web Site: www.windjammer-landing.com

Telephone: 758 456 9000

Address: Labrelotte Bay – Castries

Soufrière – La Haut Resort

A restaurant and 16 rooms sold as a high style bed & breakfast in a working plantation setting. Magnificent views of the Pitons, Caribbean Sea and rain forest. Recently recognized as one of the 25 best view properties in the world.

Price: from 175US/night

Web Site: www.lahaut.com

Telephone: 758 459 7008

Address: Soufrière

Soufrière – Crystals

Romantic cottages and villas stylishly furnished with private pools and amazing views.

Price: from 260 US\$

Web Site: www.stluciacrystals.com

Telephone: 758 285 1984 / 758 716 5692

Address: Colombette - Soufrière

Marigot Bay – Mango Beach Inn

On the waterfront at Marigot, a historic Bed & Breakfast inn, open all year round, excellent restaurant

Price: from 100 US\$ /night

Web Site: www.mangobeachmarigot.com

Telephone: 758 485 1621

Address: Marigot Bay

Cap Estate – Belle Kaye

Beautifully furnished self-catering luxury accommodation, with swimming pool, 1 villa and 4 apartments for up to 16 guests.

Price: from 89 US\$

Web Site: www.bellekaye.com

Telephone: +44 (0) 20 813 32569 / +1 (758) 460 7049

Address: Cap Estate

Laborie – Balenbouche Estate

Balenbouche Estate is a family-owned guest house, heritage site and retreat venue offering 4 private guest cottages for 2 - 5 people each created from historic wooden structures. Delicious home cooked meals can be prepared by request, using many of the local fruits and vegetables grown organically on the estate. We speak German, English, French and a little Italian and Spanish too!

Price: from 90 US\$

Web Site: www.balenbouche.com

Telephone: +1 (758) 455 1244

Address: Laborie

CAR RENTAL/TAXI

Castries - Best Rates 24 Hours Car Rental

Rent and Lease new model Cars & S U V at the best rates, along with a 24 hour service, followed up with 24 hours emergency road side assistance. Rates starting from \$US260 a week. Delivery and pick up is free. Available from the airport and island wide. Local drivers license available from our office \$US22. Free for rental periods over 14 days. Drivers must be 22 years and over, with a min of 2 years driving experience. 1 day free on seven day rental period.

Web Site: www.bestratescarrental.com

Telephone: 758 452 1330 / 758 450 1505 / 758 584 4502

Address: Sans Souci - Castries

Gros-Islet - Courtesy Car Rentals

A wide range of vehicles from basic to luxury. Fully equipped 4X4 soft top, hard top jeeps, cars, & minivans. We deliver and pickup at Hewanorra International Airport, George Charles Airport as well as villas and hotels. Competitive rates available. One day free on weekly rentals. Long and short term rentals. Unlimited mileage. We issue Driving Permits. We accept all major credit cards : Visa, Master card and Discover as well as cash.

Web Site: www.courtesycarrentals.com

Telephone: 758 452 8140 / 758 519 1321

Address: Bois D'Orange - Gros-Islet

Rodney Bay - St Lucia Luxury Car Rentals

Rent Land Rovers, Suzuki X3, BMW & Subaru Foresters, from US\$65 to US\$250 per day, open 7 days a week, pick up drop off services from both airports or your place of accommodation. Island tours, half day or full day tours with a guide. Chauffeur service available. Local drivers' permit US\$21.00. All renters/ drivers must be 25 years and over.

Web Site: www.stlucialuxurycars.com

Telephone: 758 450 4192 / 758 285 3387

Address: Rodney Bay

St Lucia Tour

Local guide, transfert service

Telephone: 758 7158577 / 758 7171882

Address: Rodney Bay

Smally's Island Tours

Local guide

Telephone: 758 4843618 / 4514406

Address: Marigot Bay

King Nigel

Local guide

Telephone: 758 7200178

Address: Soufrière

RESTAURANTS

Rodney Bay - Jacques Waterfront Dining

One of St. Lucia's most popular restaurants, with a long-standing reputation for the quality of the food and the service. Chef Jacques offers an exciting and fresh menu from the Mediterranean with a Caribbean twist using fresh local ingredients.

Daily specials, outside catering. Open for lunch and dinner.

Web Site: www.jacquesrestaurant.com

Telephone: 758 458 190

Address: Rodney Bay

Rodney Bay - Spice of India

Chef Adil celebrates his passion for cooking fine foods by bringing a modern flair to the ancient, traditional Indian Tandoor. Tasting Lunch Menu, a la carte menu, takeaway service. Open Tuesday to Sunday (Closed on Mondays) from 12 Noon to 4 PM and from 6 PM onwards.

Web Site: www.spiceofindiastlucia.com

Telephone: 758 458 4243

Address: Baywalk Mall - Rodney Bay

Gros Islet - Sizzlers

If your looking for something typically St Lucian and slightly off the beaten track from the tourist traps, this is the place to go. Atmosphere is lively, loud & real Caribbean. Lively local hot spot at nights and local restaurant during the day. Slot machines inside. Domino's & Billiards played. Reasonably priced, good cold beers served. Inside & Outside seating.

Web Site: www.facebook.com/SizzlersStLucia

Telephone: 758 713 5508

Address: Gros Islet

Marigot Bay - Rainforest Hideaway

Rainforest Hideaway, the restaurant on the dock of Marigot Bay is a magical place to spend an evening. Cross the bay on the cute little ferry with the lizard on top and step into romantic Rainforest. Order a glass of champagne or a Rainforest special cocktail and watch the dancing fish in the lagoon while you make your dinner decision from Chef Asa's French/Caribbean fusion cuisine menu. This uniquely beautiful restaurant, lit by hurricane lanterns, has become a favourite hideaway for St Lucians and a popular haunt for visiting celebrities. On Wednesdays and Saturdays there's live jazz with Emerson and the Empress and whether you're planning a special dinner for two or bringing a group of friends, it's always a good idea to book a table.

Open daily, bar from 4pm, dinner from 6pm

Web Site: www.rainforesthidawaystlucia.com

Telephone: 758 286 0511 / 758 451 4485

Address: Marigot Bay

ACTIVITIES

DAY CRUISES

Sea Spray Cruises – Castries

TOUT BAGAY – catamaran day sailing down the west coast of St. Lucia on a tour to Soufriere. Guided tour through the Volcano, with a Mudbath option and to the Toraille Waterfall before heading to the historic Morne Coubaril Estate. Let's go Zip lining! Head out on St. Lucia's ONLY tandem zip line with the Piton in clear view to the south and Soufriere town to the north. After lunch we head back up the coast. Snorkeling is allowed and gear is provided. Visit to Marigot Bay. As the day winds down the party wines up, try a few dance moves to some of the Caribbean's latest songs. 8:30 am – 5:00pm – \$105US

SUNSET CRUISE- There's no better way to spend two hours than onboard one of our spacious Catamarans enjoying complimentary hors - d'oeuvres and drinks. Listen to the sounds of live steel band onboard as the sun dips to the west and the evening sets in. 5:00pm – 7:00PM - \$55US

We Also Offer Private Customized Tours and Day Cruises.

Web Site: www.seaspraycruises.com

Telephone: 758 452 – 8644 / 458 – 0123

Address: Rodney Bay Marina - Castries

WHALE/DOLPHIN WATCHING

Castries - Captain Mike's

The waters surrounding the lush tropical island of St Lucia are home to a multitude of marine animals, including Sperm Whales, Humpback Whales, Pilot whales and Orcas, as well as Spinner, Spotted, Fraser and Common Dolphins.

Our dedicated whale and dolphin watching boat, the 60ft Defender "Free Willy" will accommodate you in comfort for a 3 hour trip. With a spacious upper sun deck and comfortable lower shaded deck, "Free Willy" provides the perfect viewing platform for the wondrous sights in store for you. With an 85% sighting average you are sure to be amazed, and receive an excellent view of the western coastline of St Lucia at the same time.

Web Site: www.captmikes.com

Telephone: 758 452 7044

Address: Castries

DEEPSEA FISHING

Castries - Captain Mike's

Sport Fishing is our passion! The urge to catch that big fish has been in our family for three generations, and we have the trophies and prizes to prove it. In fact we hold the record in St Lucia for the largest Blue marlin, an amazing 940lbs.

Our Sport Fishing fleet consists of five Bertram sport fishing boats, in our opinion, the toughest, sturdiest sport fishing boats around . All twin powered diesel engines, ranging from 31-38ft in length and accommodating 6-8 anglers

Each boat is tournament equipped with Penn international and Shimano gear and a huge range of artificial baits, which used along with our fresh bait, provides the best possible chance of a catch. We fish for Blue and white Marlin, Sailfish, Kingfish, Wahoo, tuna, Dorado, Barracuda and more.

Scheduled groups or private charters available.

Web Site: www.captmikes.com

Telephone: 758 452 7044

Address: Castries

GOLF

Sandals Regency St. Lucia Golf Resort & Spa

A 9 hole green, benefit of a nearby Spa. The course although short is challenging at times and the wind factors can add that extra element of difficulty if your looking for a challenge. The course is fabulously kept and has some stunning views.

Caddies are mandatory an endearing factor for US visitors where the tradition is being lost. PGA golf lessons are available, club and shoe rental can also be arranged.

St Lucia Golf & Country Club

An 18 hole Green. The county club homes an open air bar and restaurant for after the game and an al equipped pro golf shop. Is is known as one of the most demanding courses in the Caribbean. It is home to 2 prestigious tournaments, the Moet/Hennessey Tournament in October, and the Rotary Club Tournament, which has been held here for about 13 years. The Club has a 350 yard driving range and PGA courses are available. It is worth noting that the course has a dress code and T shirts, tank tops, jeans and cut off s will not be allowed.

Rates as follows:9 holes \$95US - \$105US 18 holes \$120US - \$145US (Prices include cart). Equipment rental available. Tel 758 450 8523

KITESURF & WINDSURF

The Reef Kite + Surf - Vieux Fort

Since 1994, The Reef Beach Cafe is located on Sandy Beach in Vieux Fort, in the south of St Lucia. The Reef Kite + Surf offer a professional wind- and kitesurfing centre (open year-round), offering lessons, rentals, and storage. Sandy Beach is one of the world's top 20 kitesurfing locations, with 1 mile x 1 mile of open water and beach. Safe, exciting, and almost undiscovered! The Reef also runs a B&B with four simple rooms with private bathrooms: single US\$55/night, double US\$66/night, including tax and breakfast. Finally, The Reef Beach Cafe serves a menu of Creole and international (sea)food, home-made pizza, fresh milkshakes, cappuccinos, cold beers and hot cocktails, at low prices, making The Reef popular with locals, surfies and visitors alike.

Web Site: www.facebook.com/reefstlucia

Telephone: 758 454 3418

Address: Vieux Fort

USEFUL NUMBERS	
Ambulance	911
Fire service	911
Police	999
Private clinic Tapion Hospital, Castries, A&E department 24h/24	758-4592000
Hewanorra International Airport (Vieux Fort)	454-6355
George Charles Airport (Vigie - Castries)	452-1156



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