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## St Lucia Guide

You won't have  
to find nature.  
It'll find you



With weekly music festivals, rainforests to explore and dozens of world class restaurants and bars, it's easy to forget that St Lucia is better known for visitors seeking peace on a beach. The turtle watching and bird watching are serene. But what better way to experience nature than by ziplining through the jungle from a 150 foot drop (at night). You'll be quickly won over by the winning blend of adventure sports and laidback philosophy that makes St Lucia the Caribbean's most spectacular destination.

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### Airport info

Virgin Atlantic flies to Hewanorra International Airport, in the south of St Lucia.

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### Transport

Taxis are not metred and fares must be negotiated before you leave the airport. If you happen to be staying at the far north of the island and the furthest point from the Hewanorra Airport, than a taxi fare is estimated at £60 for a trip that may take 80 minutes. Local buses are also available and rarely cost more than £4, but check the route carefully.

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### The must sees

St Lucia is one of the most mountainous islands in the Caribbean, full of rainforests, making it a hiker's dream. The

Treetop Adventure Park is the best way to see the rainforest, by mountain bike, jeep safari or a series of increasingly fast and high ziplines. The Sulphur Springs are the perfect place to get down and dirty. You can enjoy a mud bath in the steamy volcanic pools, proudly known as “the world’s first drive-in volcano”. Of course, you probably want to spend some time at the beach, of which there are plenty. Reduit Beach is a good place to start. It’s right next to the cool nightlife of Rodney Bay Village.



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## Local delicacies

The national dish of St Lucia is Salt fish and green fig (actually an unripe banana), which is served just about everywhere. The variation at The Rainforest Hideaway (green fig and salt fish croquettes accompanying a coconut encrusted sea bass) is stunning. The Hideaway is also a must for its location. You need to take a 20-minute ferry ride across Marigot Bay to the restaurant, which is built over the water. The Cliff at Cap Restaurant offers “nouveau French West Indian” cuisine with views so good you may forget to eat, but this would be a mistake. For more down-to-earth dining, the weekly “fish fry” at Anse la Raye is a great way to enjoy fresh seafood, listen to some live music and sample the local rum.



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## Why I love

“The nightlife in St Lucia is amazing, from thumping nightclubs to soca on the beach. Gros Islet is the centre of it all, but at the moment the Saturday night fish festival at Dennery is the best. There are plenty of locals and it’s very relaxed. If you’re up for a big weekend, the Friday night street party at Gros Islet is incredible, with local DJs, street stalls and dancing until the early hours. Whether you’re dancing or not, the atmosphere is second to none.” Randall, Baggage handling.



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## All play and no work

DJs, live bands and the Caribbean Bartender of the Year makes Delirius the bar of choice for visitors and locals. The cocktails are like walking through an alcoholic rainforest. Try the Angostura Papaya Punch, a Watermelon Martini or a Mango Passion Margarita. They also serve locally brewed beer Piton, plus locally distilled whiskies, including Kweyon Spice, made with vanilla, cinnamon and nutmeg. Try and have just one. It’s a challenge.



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## A great place to watch the world go by

The Derek Walcott Square in the centre of Castries is a peaceful spot to watch the locals and rest your feet. It's right next to the Cathedral of the Immaculate Conception. Nobel Prize-winner Derek Walcott is one of two from the tiny island, which has the most Nobel Prizes per head of population worldwide. It's also just a short walk from the air conditioned duty-free shopping of Le Place Carenage, or the Castries Central Market, for more authentic souvenirs.



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## Timezone

### Standard time zone:

UTC/GMT-4 hours

All time zones are based on GMT +0 (UK time).

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## Currency

East Caribbean Dollar (XCD)

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## Dialling Code

+ 1 758

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## Electricity

240 volts, 50Hz.

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## Public Holidays

**1 January:** New Year's Day

**22 February:** Independence Day

**29 March:** Good Friday

**1 April:** Easter Monday

**1 May:** Labour Day

**20 May:** Whit Monday

**30 May:** Corpus Christi

**5 August:** Emancipation Day

**13 December:** National Day

**25 December:** Christmas Day

**26 December:** Boxing Day

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## Climate Information

### Average Maximum Temperature:

January: 28C (82F)

April: 30C (86F)

July: 30C (86F)

October: 31C (88F)

### Average Minimum Temperature:

January: 21C (70F)

April: 22C (71F)

July: 23C (73F)

October: 23C (73F)

### Average Rainfall (inches):

January: 2.2inches (56mm)

April: 1.5inches (38mm)

July: 4.6inches (117mm)

October: 5.8inches (147mm)

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