

St Lucia

Saint Lucia is 27 miles long and 14 miles wide, totalling 238 square miles. It's a volcanic island, and very mountainous with dense forests. Saint Lucia is home to the world's only drive-in volcano; Sulphur Springs.

History

Saint Lucia is named after Saint Lucy of Syracuse, legend has it; by shipwrecked French sailors. Since then, the island has been bounced between French and Spanish control, finally falling into British control until it gained independence in 1979.

Food

- Macaroni pie - much like our macaroni and cheese, but denser, baked.
- Rice and Peas - rice and kidney beans, flavored with herbs and spices.
- Roti - very flat pancakes similar to tortillas, but lighter, stuffed with a variety of ingredients including chicken curry, shrimp or lamb.
- Ground Provisions - starchy root vegetables and tubers, usually yams, sweet potatoes, or plantains.
- Green figs - also known as green bananas, they unripe bananas, boiled and served as a side dish. "Green figs and Saltfish" is the national dish.



Culture

Cricket is the most popular sport on the island. Others enjoyed are: football, basketball, tennis, golf and volleyball.



Animals

Creatures unique to St Lucia are: St Lucian Anole (lizard), St Lucian Parrot, St Lucia Whiptail (lizard with a yellow belly and bright turquoise tail), St Lucia Lancehead (snake).

Business

Like most Caribbean islands, tourism and offshore banking are Saint Lucia's main businesses. At one time the banana industry was the largest contributor to the economy, it has declined significantly. The manufacturing sector is one of the most diverse, with goods like plastic being produced on a large scale.

Language

English is the official language, though Saint Lucian French Creole is widely spoken.

Currency

The East Caribbean Dollar. The USD is widely accepted. Major credit cards are accepted in many locations.

Cell Service

Limited, about 50% of the island enjoys 4G coverage.



Internet

Sometimes available with a purchase at restaurants and pubs. Only about 70% of St Lucians use the internet.

Driving

On the left hand side of the road. Your US license is valid here. Challenging mountainous roads, narrow and winding.

What to see and do?

Popular attractions within walking distance of the port:

- The port area has some shopping, eateries and pubs. As this port is on a peninsula, and beside an airport there are no attractions or beaches within walking distance.

Excursion or transportation needed attractions:

- Hiking the forests and mountains, the Pitons being the most popular.
- Diamond Falls Botanical Gardens.
- Sulphur Springs, the world's only drive-in volcano. Soak in the mineral rich hot springs and mud baths.
- Beaches - so many beautiful beaches.

