



St. Lucia

Travel Guide

A HONEYMOON OF AN ISLAND WAITING JUST FOR YOU!

Breathtaking landscapes, romantic shores, adventures on land and sea...the island of St. Lucia is a true Caribbean paradise. Whatever you're looking for in a dream holiday setting is here...616 square kilometers of lush forest and mountain scenery, white sand and volcanic beaches, pristine offshore reefs...there's practically no limit to the fun, romance and relaxation you'll find on St. Lucia. St. Lucia not only has the biggest banana plantation in the Windward Islands and the world's

only "drive-in" volcano, but these and a rich and impressively protected nature reserve are just a few of the island's unique features. No wonder St. Lucia has become a *top honeymoon destination* for happy couples from around the world.

Every year, St. Lucia welcomes more than 225,000 vacationers to its superb vacation settings and tourist facilities. St. Lucia also hosts an internationally renowned Jazz Festival featuring major artists like Kenny Garrett, Poncho

Sanchez, Grover Washington, Seal, Babyface and Nancy Wilson...No matter if you're a beach bum, diver, sailor, kite surfer, the "all-inclusive" kind of traveler, cyclist, nature lover, or a future bride-to-be, St. Lucia has something special to offer every traveler in a wide range of affordable vacation plans.

One of St. Lucia's biggest assets is its low-profile tourism infrastructure. Which means, among other things, that all beaches on the island are open to the public.

With one side nestled in the serene warmth and calm of the Caribbean Sea, and the other

facing the wild Atlantic Ocean, St. Lucia's diverse landscape represents virtually unlimited possibilities: tropical attractions, sightseeing, excellent "fusion" cuisine, the magic of the world beneath the waves...There's never a dull moment on St. Lucia!

To make the most of your St. Lucian experience, consider this guide as your tool. I spent my first summers on St. Lucia when I was 9 years old. Today, 17 years later, though I've sailed all around the Caribbean, St. Lucia is still the island I always come home to.

Don't wait...Come to St. Lucia today!



Pre-book your taxi pickup or car rental in order to prevent taxi drivers from overcharging

ST. LUCIA UP CLOSE: SMART TRAVELERS' TIPS

1. Exchange your currency into Eastern Caribbean dollars [XCD]. Whether your home currency is UK pounds, US or Canadian dollars, or Euros, I strongly recommend that you pay all transactions with Eastern Caribbean dollars [XCD]. US dollars are widely accepted on the island. However, to obtain the current exchange rate* you will have to exchange your money at the airport or at a bank. Most hotels and restaurants will offer you a much lower rate. Both St. Lucia airports have Currency Exchange Outlets.

* As of July 2006, 1.00 USD = approximately 2.67 XCD.

2. Pre-book your taxi pickup or car rental. In order to prevent taxi drivers from overcharging tourists arriving at the airport, St. Lucia's Taxi Association has established fixed fares for the major routes. For instance, a taxi ride for two from the George F. Charles Airport (Vigie-SLU) to Marigot Bay officially costs US\$25. If you're planning on staying in a four- or five-star all-inclusive resort, transportation will probably be provided. Otherwise, I strongly recommend that you make arrangements with your hotel or resort to pre-book your airport pickup.

Even though the first St. Lucian highway was built less than 10 years ago, the car market has been booming in St. Lucia ever since tariffs on imported used cars were substantially reduced. Today, there's fierce competition among the island's numerous rental car companies to meet demand in the fast-growing tourist market. To get the best possible rate and make sure that you get the car model you want (many vehicles available on St. Lucia have "standard" manual gearshifts - be sure to specify if you prefer automatic transmission), advance booking is necessary, especially if you're traveling during high-volume periods like Christmas, the American Spring Break, Easter and the Jazz Festival (first week of May). For large families and groups, a six-seater minibus is available. Driving in St. Lucia is on the left side. The road infrastructure is still quite primitive, so you can expect a bumpy and curvy ride. Don't forget to buckle up!

3. Important items to bring

Sunscreen, hat, shades. Although most people nowadays are aware of possible harm from the sun, some still neglect the care of their skin. On St. Lucia, with its southern geographical location, exposure to UV is quite high. Sunscreen, a hat, and sunglasses are musts. This is especially important if you plan to go sailing offshore. Because of the sea breeze, you won't feel the sunburn until later at night.

Walking shoes. While flip-flops, "cros"



5 GREAT REASONS TO VISIT ST. LUCIA

- **Magnificent scenery:** Soufrière and the Pitons, Marigot Bay, Pigeon Point, Honeymoon Beach, Cap Estate, the Maria Islands
- **Top honeymoon destination in the Caribbean**
- **Excellent weather all year round**
- **Virtually unlimited outdoor activities:** Sailing, diving, jungle biking, snorkeling, hiking, horseback riding, deep-sea fishing, windsurfing and kite surfing... and much, much more
- **World-class annual events:** International Jazz Festival (May), Atlantic Rally Cruisers (first week of December), Caribbean Festival (July) and International Cricket Competition (2007 Season)

and other trendy loose-fitting footwear may go great on the beach or patio, you may want a good pair of walking shoes for hiking in the rain forest, a shopping trip to Castries, or exploring Pigeon Island.

Backpack. You don't want to be walking around juggling your beach towels, camera, wallet and water bottle (always make sure you carry a drink to keep yourself hydrated). So a backpack is worth bringing.

Electrical voltage converter. Make sure to ask your hotel ahead of time what sort of electrical power will be available to you. I'm sure I'm not the only one who can't get through the day without my cell phone, iPod, laptop and



camera. On St. Lucia this calls for caution, because electricity on the island comes “out of the wall” at a whopping 220 volts...a power rating North Americans use only for big appliances like electric stoves and clothes dryers. To prevent severe damage to your personal items, you will need a “Type C” voltage converter (available at Radio Shack) to convert 220V to the 115V or 110V for which American or Canadian handheld electrical and electronic devices are designed. *(I should add that the vast majority of cellular phones are compatible with St. Lucia’s mobile network infrastructure.)*

4. Give a firm “No” to hawkers and peddlers. Another thing you can be sure of is that some of St. Lucia’s “freelance merchants” will approach you and try to sell their goods and services, while you’re on your way to the grocery store, or lying on the sandy beach, or waiting for a green light while comfortably seated in your taxi or strolling through downtown Castries. Some of these good folks can be quite in-

sistent. They may have a right to ask. You also have a right to refuse. But don’t be defensive or arrogant. Smile, and firmly answer “No,” and they’ll leave you alone.

5. Travel with certified tour guides. When it comes to hiring a guide for an excursion, you should know that not everyone offering their services is a certified guide. If you require a guide to tour the island, contact the activity center at your hotel to put you in touch with a certified guide, or ask someone you trust to recommend one.

6. Ask before you photograph. Some St. Lucians do not enjoy being photographed. Let’s just say I found out the hard way while shopping at the local market. Always ask for permission before taking a picture of local inhabitants.

7. Be sure to try the local delicacies. Here are just a few of my favorite St. Lucian foods:

- **Chicken roties** are served almost everywhere. Make sure to ask for boneless.
- You can buy a bottle of **Ting** (grapefruit soft drink) right at the airport. (You’ll be thirsty coming out of Customs.)
- **Accras** (fried fish cakes) are excellent appetizers, and also go great with drinks at happy hour. (Ask for them with local sauce on the side.)
- **Fried plantain** will be served with any local meals. Plantains are the Lucian equivalent of North American baked potato as a side dish.
- Check out the local market in Castries to buy fresh exotic fruits and veggies (including **breadfruit and sugar apples**), bread, fish and spices.
- Every Friday, it’s BBQ day! Stop at any roadside BBQ stand and try their **Lucian jerky BBQ chicken**...simply the tastiest chicken you’ll ever eat!
- **Coco tea** is a hot drink that most St. Lucians have in the morning instead of coffee. It’s especially popular among the island’s Rastafarian community. The recipe calls for steamed coconut cream, shredded coco, and a hint of nutmeg. Buy a coco stick and make your own back home.
- **Spicy rum** is usually made of the local “Bounty” rum, cinnamon sticks, nutmeg, sugar cane and lime zest. But there’s no exact mix. Each bar has its own secret house recipe. It’s worth having a shot - Cheers!

8. Make sure you check in at the airport at least 90 minutes prior to your return flight time. For some reason that I can’t explain, departing flights from St. Lucia often get overlooked. Even with my return flight already bought and scheduled, I was once told that my seat had been given away to someone else...because I had arrived only 30 minutes prior to my departure time! Allow even more time if you have a connecting flight: be at the airport at least two hours before your departure time...even if your flight leaves at 6:45 AM.

9. When shopping at the local craft and

food markets, don’t forget to bargain for the best price. Local merchants will sell their goods at a much higher price when dealing with tourists. Maybe it’s because I’m still working my way through school, but I don’t see why I should have to pay twice as much the going price for my tomatoes. Simply be aware that you can bargain with merchants. Chances are that once you start walking away from their stand, they’ll agree to sell at your price. Try it, and you’ll see!

10. When shopping for groceries, keep your meat and dairy products cold. For perishable grocery items, buy one or two bags of ice at the cash. On St. Lucia, a 15-minute drive is long enough to thaw a frozen steak. When it comes to quality, try the local chicken rather than the US Grade A. It’s a lot fresher and tastier, too. If you prefer imported meat products, the Meat Choice shop at the Gablewood Shopping Mall carries meat products from the US, the UK and New Zealand. (The mall is located on the main road from Castries to Rodney Bay, five minutes from the George F. Charles Airport at Vigie).

11. Leave doors and windows closed in the daytime. Most people leave their doors and windows wide open throughout the day. Don’t do this, especially if you have no screens. By nighttime you may find that an entire ant colony has migrated onto your kitchen wall. Closing doors and windows is also a security precaution, which applies on St. Lucia like anywhere else in the world. If there is a safe in your hotel or residential office, you may prefer to keep your valuables there.

12. Tipping. Tipping is at your discretion. A tip of 10% to 12% is usually expected for taxi drivers, guides and other service sector workers. No tips are expected when you take the local bus - but make sure to say “Good morning” or “Good evening” to the driver when you get on the bus. To omit this polite greeting is considered rude.



There's simply no end to the wonders under the sea on St. Lucia

TOP 10 ATTRACTIONS ON ST. LUCIA

1. Sailing tours/Club sailing package. The most value-packed way to explore the natural wonders of St. Lucia's island paradise. Two exciting daysails on a 40-foot skippered yacht take you to the northern tip of the island and south to Soufrière in style. This is the sailing adventure of your dreams...especially if you've never sailed before.

First day: South tour of the island. Sail the remarkable west coast of St. Lucia on a 40-foot yacht and see the famous Pitons from the sea. Take a tour of Soufrière, visit the Volcano, the Botanical Gardens, Diamond Falls and the Mineral Baths. Then drop anchor at Anse Cochon, a magnificent deserted beach that's ideal for snorkeling.

Second day: North tour of the island. Sail along the vast expanse of Reduit beach near Rodney Bay. Explore the wonders of Pigeon Island National Park and its museum on this guided tour. Enjoy a swim on the gorgeous beach, and have lunch at the Jambe de Bois Restaurant. For more information about the sailing package, please visit oasismarigot.com/sailingpack.html

2. Diving and snorkeling. There's simply no end to the wonders under the sea on St. Lucia, considered by many to be the finest diving spot in all the Caribbean. Shallow reefs, thrilling wall drop-offs, submarine canyons teeming with big fish and marine life remain in their pristine state in the clear, unspoiled waters of St. Lucia. Join daily dive tours aboard

custom dive boats. Private and group instruction is available at the PADI dive center. Book a water taxi and snorkel in a secluded bay. oasismarigot.com/diving-st-lucia.html

3. Jungle biking. The jungle-biking adventure runs through exclusive private trails in the tropical jungle located on the grounds of one of St. Lucia's first plantations. With 12 miles of trails, including beginner, intermediate and advanced tracks, it's "unique in the world of mountain biking," according to Tom Bierl, editor of Bike magazine. The custom trails were designed to accommodate novices as well as experienced riders on Cannondale disc-brake bikes. There's also a training area where you can learn the basic jungle-biking skills under the watchful eye of an instructor before you head out to explore the trails. Ride at your own pace as much or as little as you want. Soon you'll be mastering the secrets and successful techniques used by the experts. Experienced riders will find dedicated single-track loops to challenge all their skills. Helmet and a complimentary souvenir Cannondale jungle-bike water bottle included. I usually end up carrying it throughout the rest of my trip. For more information, please visit bikestlucia.com

4. Climb the Pitons. These incredible looming twin peaks have become the symbol of St. Lucia. The road south from Soufrière offers a magnificent view of the Pitons, which rise precipitously from the cobalt-blue waters of the Caribbean. The two pyramidal cones, covered with thick tropical vegetation, were formed by lava from a volcanic eruption 30 to 40 million years ago. Please note that this activity is not for everyone. It's a long and hot half-day ascent, one best tackled early in the day, and the path branches off in several places, making a guide a real necessity.

5. Wind and kite surfing in Anse Des Sables. Located on the Atlantic coast, beginner to advanced conditions are offered for both wind and kite surfers from November to May. For more information, please visit stluciakiteboarding.com or stlucia.com/windsurf

6. Exploring St. Lucia's unique rain forests
Here are three tours that are highly recommended:

Rain forest walk - Descartiers Trail. A unique opportunity to experience St. Lucia's treasured rain forest ecosystem. Excursions feature a guided ride along the wild eastern coast of St. Lucia to the forest by Mahaut, where a forestry guide leads you deep into the island's interior. See orchids and bromeliads growing from the massive trunks

of ancient trees. Hear the warbler's melodic call and the parrot's startled squawk. Savor the perfumed bark of the l'encens (incense) tree. At the end of your walk, enjoy a picnic lunch in the natural atmosphere of the rain forest. Walk is about two and a half hours roundtrip.

Rain forest jeep safari. A scenic journey by open-topped ex-army jeep (cold drinks provided) will bring you to the western forests of Fond St. Jacques. Embark on an exhilarating hour-long hike (downhill all the way!). Keep a lookout for rare parrots while your St. Lucian Forestry Guide points out vanilla vines, Bois Pain Marron, heliconias, and other fascinating flora and fauna. Relax and bathe at a beautiful waterfall and natural pool before heading uphill by a different trail...and back to the coast by jeep, for a well-deserved buffet lunch. This tour takes about two hours (roundtrip).

Rain forest Aerial Tram. Discover the wonders of the rain forest aboard an aerial gondola gliding safely through and over the treetops, where knotted, twisting woody vines wind to the tops of old-growth rain forest trees. Expert guides describe the trees, flowers, birds, bats and ground animals you'll encounter ...including their scientific names. Savor some of the best coffees in the world along with sumptuous food at the Rain Forest Cafe. Luxuriate in the crisp fresh air of the rain forest and the soothing sounds of the river as you relax on its banks. Then browse the charming gift shop with must-have items and souvenirs. For more information, please visit rainforestaerialtrams.com

7. Private sunset cruise. Nothing matches the magic of a Caribbean sunset, especially if you're out at sea enjoying sparkling wine, hors d'oeuvres and music aboard your boat. You'll sail southwest into the setting sun with a complimentary bottle of "bubbly" per couple. Enjoy the relaxing rhythms of Caribbean music as you take in the spectacular skyline at dusk...and the start of a truly romantic evening.

Rates and details. US\$45 per person (minimum four people) or US\$149 for a private Sunset Cruise for just the two of you.

Booking. Contact an Oasis Marigot vacation planner toll-free: USA & Canada 1 800 263-4202 / Europe 00-800-2785-8241 .

8. Deep-sea fishing. If you've never landed a big fish in deep water before, don't worry. A crewmember will be happy to show you the ropes, while experienced anglers can come and enjoy the thrill of new fishing grounds. The most commonly hooked fish include blue marlin, sailfish,



Beautiful Marigot Bay

tuna, wahoo, kingfish and dorado. Tours can be customized to suit your needs. There are plenty of fishing boats you can choose from. Just ask at your hotel.

9. Turtle watching in Grand Anse. Turtle watching takes place on Grand Anse Beach on the northeast coast from mid-March until the end of July. These giant leatherback turtles, which can grow to eight feet in length and weigh as much as 1,200 pounds, come to nest right on the beach. This is an enjoyable tour, especially for young families and animal lovers.

10. Horseback riding. The International Pony Club offers a fabulous sightseeing experience through pasturelands, along a natural forest trail to a picturesque beach on the Atlantic coastline. The guides are experienced and knowledgeable about St. Lucian wildlife and history, with fascinating and entertaining facts at their fingertips to enrich your experience. The trail is carefully designed to accommodate both beginners and experienced riders. Three exciting tours are currently offered:

Regular ride	1 hour and 15 minutes	US\$40.00
Ride and swim	2 hours	US\$50.00
BBQ Ride	4 hours	US\$70.00

10 PLACES NOT TO BE MISSED



Pigeon Island is the historical focal point of St. Lucia - remnants of the many fateful encounters between French, English and Amerindian colonies are still to be found in this easily accessible national park.

*Be wary of accepting help from local St. Lucians loitering about the parking lot entrance and offering guide services for a small fee. Most of these self-styled guides are unqualified. Make sure you organize your excursion with the activity center at your hotel or with the Gros Piton Guide Association.

1. The Pitons in Soufrière:

The Gros Piton to the south, 2,619 feet high (798 meters), and the Petit Piton to the north, 2,461 feet high (750 meters), can be explored and climbed. You can contact the Gros Piton Guide Association at (758- 459-9748) to book your guided tour. Guides are recommended* not only because of the challenging excursion but also because of their local knowledge of the historical nature of these impressive giant volcanic plugs. Allow four to six hours for the roundtrip. Important: Climbing tours are for the physically fit. Make sure to wear hiking shoes, and bring along plenty of water and snacks.

2. Diamond Waterfall and Botanical Gardens in Soufrière:

The Diamond Waterfall is located in the beautiful Botanical Gardens surrounded by exquisite naturally growing plants and flowers. You can also enjoy the sulfur mineral baths, believed by many to have benefits for the skin. Most people visit the waterfall and garden right after the guided tour of the Pitons. Don't forget your camera and a smile!

3. Pigeon Point.

Pigeon Island is the historical focal point of St. Lucia - remnants of the many fateful encounters between French, English, and Amerindian colonies are still to be found in this easily accessible national park. Surrounded by the breaking waves of the Caribbean Sea, you can have a picnic, swim on a secluded beach, race to the fort on the heights, or simply relax and enjoy a chicken roti at the Jambé de Bois Restaurant. Don't forget to visit historic Fort Charlotte, now a college but once the site of fierce clashes between the French and the British, and the Choiseul Heritage Site, a village rich in history, crafts and offering spectacular views.

4. Marigot Bay.

Considered by many to be the most beautiful bay in the Caribbean, Marigot Bay supports the largest mangrove system and fringing reefs on the west coast of the island. Marigot is also home to the beautiful Oasis Marigot resort (on the north side), luxurious homes and properties, particularly the "Great House" (on the south side), the five-star, all-inclusive Discovery Resort and even a little bed and breakfast, the Inn on the Bay. Marigot

Bay harbor is also a favorite anchorage where yachters sailing the world can spend a comfortable night onboard. For more information, please visit sail-caribbean.com

5. Maria Islands.

From the back roads of Vieux Fort, you'll embark on a water taxi to the home of two animal species found nowhere else: the Kouwes snake and the Zandoli Terre lizard. This National Nature Island Reserve offers unique opportunities to witness some of the wildest species on earth. Make sure to bring along sunscreen, a hat, and plenty of drinks to keep you cool and hydrated.

6. Seafood Friday in Anse La Raye.

If you're a Seafood lover, make sure to reserve Friday night for this exclusive seafood street fest. Anse La Raye, a small, charming fishing village north of Soufrière, is a super-friendly place. Every Friday, local residents prepare Caribbean specialties for neighbors and tourists, including fish cakes, fried or stewed fish and even a whole spiny lobster (when in season). After dinner, take a walk around the town up to the main dock. Seafood Fridays start around 6:30 PM. However, you may prefer to wait until 8:30 PM or 9:00 PM, when the music and dancing usually begin. Most hotels and resorts organize night excursions with their own local staff. Sign up for a guaranteed fun time!

7. "Jump Up" in Gros Islet.

At the north end of the island near Rodney Bay, the fishing village of Gros Islet hosts a bustling "jump up" street party. Bars and clubs become a continuous flow of partygoers. A sound system faces the central intersection and pumps out Caribbean and world rhythms, while local cooks BBQ seafood and chicken. If you're looking for the most authentic and fun island experience, this is where you want to be on Friday night. The first music jam starts around 9:00 PM. I highly recommend you hire a taxi to take you there and return you to your hotel. Enjoy...and drink responsibly!

8. Anse Des Sables and Vieux-Fort.

Located on the Atlantic coast, you'll easily spot a dozen windsurfers and even kite surfers ripping along the wild side of the ocean. This southern region is the driest part of the island.



You can expect high winds (especially between November and May), sunshine and lots of sand. The beach at Anse Des Sables is my favorite by far, and even with increased tourism it remains largely deserted. Happy hour at the Reef Bar is always a good time and affordable...with the coldest beer on St. Lucia! The busy town of Vieux-Fort is only five minutes away. Don't forget to visit the Fishermen's Market. They'll even cook your selection for you!

9. Anse Chastanet.

If you enjoy snorkeling, this is the spot for you. This small roped-off marine reserve is as rich and colorful as if you were diving 20 feet deep. There is a convenient diving shop where you can rent equipment by the hour. If you have your own diving gear, simply hire a water taxi to get there and enjoy the underwater world as long as you want. (The beach in Anse Chastanet, like all island beaches, is public). You can have lunch at the Hummingbird Restaurant, or simply have a picnic right on the beach.

10. Trip to Martinique.

Take in the best of both worlds as you visit St. Lucia and discover the French island of Martinique. Only three to four hours away by boat, it's one of the most thrilling and interesting sailing trips anywhere in the Caribbean. Martinique offers great shopping and dining. The last time I was there, I even rented a car for a day and drove around. The island's Atlantic coast is also very distinct from its Caribbean coast - just like St. Lucia. For sailing options to Martinique, please refer to sail-caribbean.com



The most important ingredient when it comes to preparing great dishes is imagination

TOP 10 RESTAURANTS

1. Rain Forest Hideaway (Marigot Bay)
Moderate to very expensive (758) 286-0511
 Tucked away among the mangroves on the most beautiful bay in the Caribbean, the Rain Forest Hideaway offers an exciting menu that truly reflects its chef's international culinary experience. Chef Verity will bring the best of Asian, Oriental and Caribbean flavors to your table simply by using the freshest local ingre-

dients. "The most important ingredient when it comes to preparing great dishes is imagination. I have started with a small, but very high quality international menu, which uses the bounty of the sea and produce straight from local farmers," he says. Local fish and sashimi are his specialties, with a changing seasonal menu, and his fusion cuisine is not to be missed by anyone visiting St. Lucia...already becoming a favorite among the famous world sailors and celebrities. Lunch and dinner are served six days a week. Closed on Tuesdays.

2. The Coal Pot (Vigie Marina)
Very expensive (758) 452-5566
 Probably the most expensive dishes served on the island...and quite possibly the best in the Caribbean. If you're on a tight budget, visit the Coal Pot at lunchtime, when you can enjoy the same great food at half the price. If money is no object, treat yourself to a special night out. The restaurant's French chef will surpass your wildest expectations. Take my word for it! Reservations required.

3. Dasheen (Soufrière)
Expensive (758) 459-7323
 Some say this is the best restaurant in St. Lucia...perhaps because of its astonishing location. You can enjoy the magnificent view of the Pitons while sampling a mix of Oriental, West Indian, European, Italian and vegetarian cuisine. The best times to go are Sunday Brunch (XCD\$50) or Monday Buffet (XCD\$110). Reservations recommended.

4. Spinnakers Beach Bar & Grill (Rodney Bay)
Inexpensive (758) 452-8491
 An excellent spot to enjoy the sunset in Reduit Beach during happy hour. Serves breakfast, lunch and supper. Simply look at the black board menu for the Chef's specialties.

5. Doolittle's Restaurant (Marigot Bay)
Inexpensive to moderate (758) 451-4974
 Doolittle's Restaurant is a hot site in Marigot Bay every Saturday night with its BBQ and with live music on Tuesdays and Sundays (peak season only). They serve everything from sand-

wiches, burgers and salad to elegant exotic Caribbean cuisine.

6. The Charthouse (Rodney Bay Marina)
Moderate to very expensive (758) 452-8115
 Meat and seafood lovers, this is your new local favorite: by far the best steak, ribs, fish and lobster on the island. You can even finish it off with a Cuban cigar on sale at their little seaside bar. Bon appétit! Open Monday to Saturday from 5:00 PM to 11:00 PM. Reservations required.

7. The Hummingbird Beach
Moderate (758) 459-7232
 Located in Anse Chastanet, this little restaurant offers great food and excellent service. They even give you a water pistol, in case a hummingbird tries to sample your meal (no kidding!). I truly enjoy the concept and the food is really good. The lunch buffet is my favorite time to go as you can then enjoy the beach after.

8. Jambe de Bois (Pigeon Island)
Inexpensive (758) 450-8166
 Don't worry about packing a lunch any day you're exploring Pigeon Island. This inexpensive but good restaurant will keep your hunger at bay. Try their Creole shrimp or chicken and enjoy the seaside location. Open daily from 8:00 AM to 5:00 PM.

9. Café Claude (Rodney Bay)
Inexpensive (758) 458-0847
 I recommend this restaurant for a quick, healthy lunch if you find yourself in Rodney Bay village. Café Claude also serves a late breakfast. The dinner menu is a fusion of European and Caribbean Cuisine.

10. Reef Restaurant & Bar (Anse des Sables)
Inexpensive (758) 454-3418
 This little beachside restaurant welcomes a younger crowd because of the nearby Mistral Club (windsurfing or kite-surfing lessons available) and the new Medical School Institute. Pizza, burgers and beer are on the menu. There's also internet access and board games. Don't forget your bathing suit!



MISCELLANEOUS

1. Entry requirements

A valid passport is required for anyone visiting St. Lucia. If you're coming from the US or Canada, proof of citizenship such as a birth certificate, driver's license or picture ID is sufficient. However, as of January 1, 2007, all US citizens or persons returning to the US will be required to have a passport. This policy also applies for all travelers with connecting flights within the US.

A departure tax of XCD\$54 (US\$22) is levied on all passengers flying out of St. Lucia 12 years and older. For CARICOM nationals, a departure tax of XCD\$35 (US\$13) is also required.

2. Getting Married on St. Lucia

To be married in a civil ceremony on St. Lucia, you must remain on the island for three working days (not including Saturday and Sunday). Most hotels will take care of all the legal formalities and other details, including witnesses (mandatory) and a photographer (optional). Couples must present valid passports and birth certificates (original documents only). In case of a previous divorce, the original of the final divorce decree with court stamp and seal is required. In case of a previous marriage ended by decease, the original of the death certificate of the deceased spouse is required. All documents must be in English or translated by a court-appointed legal translator. In addition, it's important for you to let your hotel know well ahead of time the exact date of the ceremony, meeting with lawyers, wedding reception plans, and other key arrangements.

For information on getting married at Oasis Marigot, please visit oasismarigot.com/st-lucia-wedding.html for details of our two fine "Marigot" and "Deluxe" wedding packages or contact one of Oasis Marigot's Vacation Consultants: USA & Canada 1 800 263-4202 / Europe & Worldwide 00-800-2785-8241

3. A Bit of History: Speaking Kwéyòl

St. Lucia's rich cultural heritage comes from the alternating occupation by French and British colonial powers over nearly three centuries, as well as from the African slaves brought in to work on the plantations. Today, you'll notice the French architectural influence at the same time that you'll be driving on the left side, in British fashion.

St. Lucia came under permanent British rule in 1814, and representative government was not instituted until 1924. In 1958 the island joined the Federation of the West Indies. Two years later St. Lucia enacted its own constitution, and in 1967 was granted associate status within the United Kingdom. On February 22, 1979, Saint Lucia became an independent state of the Commonwealth of Nations. The state is headed by a governor-general representing the Queen and governed by a parliamentary system, with a 17-seat House of Assembly and a Senate of 11 appointed members. Saint Lucia is a full and participating member of the Caribbean Community (CARICOM) and the Organization of Eastern Caribbean States (OECS).

Although English is St. Lucia's official language, Kwéyòl, also known as Patois, is the local language spoken by most St. Lucians.

WEATHER:

- Average annual temperature: 27 ° C (80 ° F), remaining relatively constant throughout the year
- Hottest temperatures are between June and August
- Trade winds from northeast cool the Caribbean Sea coast
- Annual rainfall on coast: 51 inches (130 cm)
- Annual rainfall in the rain forests: 150 inches (381 cm)
- Global climate changes have blurred the distinction between the dry and wet seasons.
- Overall, St. Lucia's climate makes the island the perfect travel destination all year long. The sea breezes prevent temperatures from rising or falling dramatically, and provide air movement so that one rarely feels too hot. Hurricanes occur only rarely (the last one was Allen in 1980). In case of a hurricane warning, Marigot Bay remains the safest harbor in the West Indies.



WELCOME TO OASIS MARIGOT

www.oasismarigot.com

Vacation resort options on St. Lucia are so varied that you can almost always find a place that suits your needs. Some tourists prefer big, all-inclusive resorts. Others want a no-frills B&B. But if you're looking for a home away from home that's got it all, but keeps things personal and extra-special, then Oasis Marigot is just the right place for you.

At Oasis Marigot you'll find comfort, great food, outstanding service and a full menu of activities.

You can sign up for all available excursions, explore St. Lucia from coast to coast by land or sea. You'll also enjoy an unforgettable view of the most beautiful bay in the Caribbean.

Honeymoon packages are one of our specialties. We also accommodate Ship 'N Shore vacations. If you're interested in staying on land but want spend some nights sailing offshore contact Oasis Marigot at your convenience.

With three superb locations on St. Lucia (see below), Oasis Marigot offers a wide variety of accommodations. Some, like the Ocean Cottage and the Caribbean Blue Suite, are reserved exclusively for couples. Some have their own private swimming pools. Others have a shared pool. There's also a range of features available in Oasis Marigot units (for example, some units have dishwashers, while others have a simple sink). For full details, please visit us online at oasismarigot.com.

If have any special questions while planning your exotic gateway to beautiful St. Lucia

please feel free to write a detailed message to info@oasismarigot.com

Three great Oasis Marigot locations

Oasis Marigot currently has properties at three locations on St. Lucia:

Marigot Bay. Marigot Bay might be best described as a tropical fjord, ending in a pristine turquoise lagoon surrounded by palm trees and mangroves. The American author James A. Michener called Marigot, with its heavenly tranquility,

"the most beautiful bay in the Caribbean." One visit and you're sure to agree, for all of St. Lucia's charms are miraculously concentrated here. For vacation lovers of all sorts, and especially for those who enjoy the best in water sports - swimming, sailing, snorkeling, diving, exploring - Marigot Bay is a true paradise on earth...and on sea. We offer a wide variety of accommodations and lodgings.

The Pitons. This is the most dramatic site on the island. Located on the edge of a beautiful rain forest, our two exclusive villas overlook the unique Pitons - St. Lucia's national landmarks, and a UNESCO World Heritage Site. The bird life and tropical vegetation are stunning. At the same time you're just five minutes away from a fine beach with excellent snorkeling and scuba facilities.

La Toc Beach. If you're a beachgoer, there's an exciting Oasis Marigot villa waiting for you. The Butterfly Beach House is set among three lush acres along a crescent-shaped beach nearly half a mile long.



Cartographic Information was based on maps of the Government of Saint Lucia, Series E 703 (DOS 445) Edition 6-CS 1991

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Legend

-  Marigot Bay
-  Hotels & Resorts
-  Restaurants
-  Shops 'n' Things
-  Places of Interest
-  Diving Areas
-  Tourist Information
-  Golf Courses



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