

# EAST WINDS, ST LUCIA

INTIMATE EXCLUSIVE-INCLUSIVE, EXUDING QUALITY & CHARM

THE ESSENTIALS:	PAGE:
Why East Winds	2
About St Lucia	2
Travelling to St Lucia & East Winds	3
East Winds Facts - At A Glance	4
East Winds Facts - At A Glance	5
Dining Options & Meal Plans	6
East Winds - Accommodation	7
East Winds - Cottages	8
East Winds - Oceanfront Suites	9
Wedding Bells & Memorable Moments	10
Island Information & Activities	11
Island Information & Activities	12



## Essential Detail

UK & Europe - Sales & Marketing Representative

Tel: +44 (0) 20 8977 6099

E: [office@essentialdetail.co.uk](mailto:office@essentialdetail.co.uk)

[www.essentialdetail.co.uk](http://www.essentialdetail.co.uk)

## East Winds, St Lucia

East Winds, La Brelotte Bay, Gros Islet, St Lucia

Tel: +1 758-452-8212

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



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# WHY EAST WINDS

At one with nature set in tropical gardens on a beautiful, secluded bay, East Winds is a very special all-inclusive resort offering an exceptional culinary experience. Low-key and informal with an understated style, East Winds is private and welcoming, a perfect holiday retreat.

Staying here at East Winds you get the feeling you have joined a secretive, but rather wonderful club. Hidden away down a secluded lane, guests stay in unique cottage-style accommodations, dotted around the 12 acres of attractive and colourful well-tended gardens with over 100 species of plant life that guide guests onto a wonderfully serene and sheltered Le Brelotte Bay.

East Winds takes guests' wellness seriously and offers healthy option menu choices at each meal, complimentary yoga and pilates, an air-conditioned gym, a fitness track that doubles as an outdoor gym, as well as an open-air Spa Pavilion where guests can choose from a list of many irresistible treatments.

East Winds culinary team is passionate about dining and the variety of cuisine offered is exceptional, and carefully paired with excellent wines specially selected each evening to complement the mouth-watering menus. All the ingredients used in the restaurants are freshly sourced and hand-picked from the East Wind's Garden. A different four-course gourmet menu is served each night, accompanied by carefully picked wines stocked from some of the world's most noted wine regions and makers. Everything from the excellent service to the high-quality food has been carefully crafted with their guests in mind, in short, it's an 'exceptional all-inclusive' resort.

There are several hand-picked experiences for guests to enjoy from fun activities such as bean-to-bar chocolate making and cooking demonstrations to rum tasting or nature walks through the resort's gardens viewing the exotic flora and fauna, guided hikes in the local area or a more zen yoga class in the outdoor pavilion.

A hotel for all seasons, an exclusive winter retreat transforming into an elegant family friendly property in the summer, and year-round for an intimate wedding and romantic honeymoon.

The hotel appeals to discerning guests looking for relaxed, yet elegant, cottage-style accommodation, low-key entertainment, outstanding cuisine with fine wines, and charming management and staff.



## ABOUT ST LUCIA

Saint Lucia is an island paradise in the Eastern Caribbean, with the majestic peaks of the Pitons, the splendour of lush rainforests, and the hypnotizing blue-green waters of the Caribbean. The island's landscape, people, customs, and cuisine intertwine to provide the ultimate island setting for the perfect Caribbean holiday.

St. Lucia is 27 miles long and 14 miles wide, a total of 238 square miles, and located northeast of the island of St Vincent, northwest of Barbados and south of Martinique. The only sovereign nation to be named after a woman, with a unique influence of Caribbean, African, English, and French cultures all blending to bring a rich mix of food, music, and traditions that will inspire and enchant those to her shores. The capital is Castries a bustling harbour city with a cruise ship port, and vibrant nightlife.

This Eastern Caribbean Island is renowned for its lush tropical nature, the UNESCO World Heritage Site the majestic Piton Mountains, and a wealth of experiences and adventures beyond the beach. Whether your clients are wanting a romantic holiday, to rejuvenate or a little adventure St Lucia has it all and more. When you visit Saint Lucia, you'll discover that it's not just lovely, it's truly magical. Discover her mystery and let Saint Lucia inspire you. Visitors find themselves reluctant to leave and eager to return to the wonders of St Lucia.

### FACTS ABOUT ST LUCIA

- St Lucia a small volcanic island in the [Caribbean](#) made up of one large and six smaller islands.
- The island is approximately 27 miles long and 14 miles wide and is just 238 square miles.
- The capital of Castries and some 60,000 people live in and around the capital and within the mainland with a further 100,000 people living around the coast of St Lucia.
- St Lucia is the first country to be named after a woman.
- The island gained independence from Britain in 1979.
- It is home to the Pitons mountain range which is a UNESCO World Heritage site.
- English is the official language of St Lucia with locals also speak Saint Lucian French Creole (Kwéyòl), which is colloquially referred to as Patois ("Patwa"), is spoken by 95% of the population.
- The population is of diverse ethnicity Around 85% of the population are thought to be direct descendants of Africans, while the remaining 15% is made up mainly of English, French, mixed African, and Indian.
- Known for the iconic Pitons mountain range, it has a drive-in volcano, 180 species of bird and 70% is covered in rainforest.



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# TRAVELLING TO ST LUCIA & EAST WINDS

## LOCATION

East Winds is located on the Northwest coast of St Lucia, 1hr and 15 minutes by road from Hewanorra International Airport. The local airport at Castries, George F.L. Charles Airport (formerly known as Vigie) is a 15-minute drive away.

## ACCESS

There are flights from the United Kingdom from London Gatwick and London Heathrow to St Lucia and from the USA, Canada and Europe and other international gateways. St Lucia is also serviced by inter-island carriers offering easy access from other Caribbean islands such as Barbados, Dominica, and Grenada.

## CLIMATE

Average temperatures range from 75 degrees F to 85 degrees F (24 degrees C to 32 degrees C) the lowest temperatures occur between November and February. The climate is warm all year round, the dry season is between January and May and the rainy season is from June. Because of St Lucia's lush tropical vegetation, you can expect sporadic rainfall.

## UNITED KINGDOM

Flights from the United Kingdom to St Lucia's Hewanorra International Airport  
British Airways / Virgin Atlantic Airways / TUI  
Flying time - approximately 8 hours outbound during the day and inbound to UK overnight

## EUROPE - Germany

Flying time - approximately 10 - 12 hours outbound during the day and inbound overnight connecting through UK or US.

## USA

American Airlines / JetBlue / Delta Airlines / United Airlines  
Flying time - approximately varies from US cities  
Direct services from Miami - approximately 4- hours and New York approximately 5-hours flying time.  
There are flights from other US gateways with connections to St Lucia.

## CANADA

Air Canada / West Jet / Sunwing  
Flying time - approximately 7.30 hours direct from Toronto and will differ from other Canadian cities.

## INTER-ISLAND AIRLINES

Air Caraibes / Air Antilles / Caribbean Airlines / Inter Caribbean / Caribbean Airlines  
Several independent inter-island airlines offer connections to and from St Lucia to other Caribbean islands.

## ADDITIONAL FLIGHT OPTIONS

Private Jet Service

## ST LUCIA ENTRY REQUIREMENTS

Visitors must have a valid passport and return or onward ticket. Passports must be valid for at least six (6) months from arrival into the country. However, if you are a British, Canadian or US citizen, proof of citizenship bearing a photograph is acceptable.

All visitors to the island must complete and submit the online St Lucian Electronic Entry Form up to 3 days before arrival.

## AIRPORT LOCATIONS

Hewanorra International Airport (UVF) in Vieux Fort is located 40 miles south of Castries, the capital city. George F.L. Charles Airport is an inter-island airport just outside Castries.

## PRIVATE TRANSFERS / HELICOPTER TRANSFER

1- 4 persons - one way US\$135 per vehicle - UVF Hewanorra International Airport to East Winds  
1-4 persons - one way US\$35 per vehicle - George F. L. Charles Airport to East Winds  
Per person - US\$202 (13 years and over) - St Lucia Helicopters to George F. L. Charles Airport

## EAST WINDS ARRIVAL & DEPARTURE SERVICES

Arrival - East Winds offers Fast Track VIP assistance on arrival at Hewanorra International Airport - guests are met by an agent escorted through Immigration and Customs. Once checked a porter will collect their luggage and escort them to the arrivals hall to be greeted by a Premier Concierge agent. VIP Guest passes can be arranged for clients departing St Lucia.

**DEPARTURE** - On the day of departure, the driver will drop the guests at the airport where Premiere Concierge agent meets guests and escorts them to the designated airline counter, assist with check-in and expedited through Immigration and security screening before proceeding to the VIP lounge.

## AIRPORT VIP LOUNGES

Priority Pass Lounge - located at Hewanorra International Airport - Airside - Iyanola Executive Lounge is on the 1st floor after security and operates from 06:30am - 9:00pm daily. Access for premium class travellers, members and a pass can be pre purchased.

## CRUISE SHIP TERMINAL

Pointe Seraphine Cruise Port, Castries to East Winds Resort - 30 minutes, 8 kms.  
Approx. cost of a taxi is US\$80

## DAY PASSES

Open to Cruise ship visitors on a subject to availability basis. Please always book in advance, walk ins are not accepted.  
The price varies throughout the year and depending on whether dinner is included or not.  
Resort reservations can assist with pricing and availability - Tel +1 758 452 8212



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# EAST WINDS FACTS - AT A GLANCE

## CHECK IN / CHECK OUT

Check-in 3:00PM - with flexibility if the cottage is ready beforehand.  
Check out 12:00 noon - late check out is available subject to availability at no charge.

## CREDIT CARDS & CURRENCY

All major cards are accepted (Visa, MasterCard and American Express)  
All prices are quoted in US Dollars and money can be exchanged at the hotel reception.  
Eastern Caribbean Dollar is the local currency, US Dollars are widely accepted.

## MINIMUM STAY - ALL ACCOMMODATIONS

3 nights and 6 nights over the festive period.

## CHILDREN

Children 8 to 15 years of age are welcome all year round, the resort does not cater to children under 8 years of age.

## PRE-ARRIVAL CONCIERGE

An online guest checklist will be made available before arrival, which will allow guests to choose from extra pillows to mini-bar contents, so everything is ready for their arrival.

## CONCIERGE

The concierge team is on hand to assist guests with requests before arrival and during their stay.

## ELECTRICITY

240V/50HZ. UK-style 3-pin plugs.  
Travel adaptors are available upon request.  
A universal adaptor is provided in each room.

## INTERNET

Complimentary Wi-Fi is available in rooms and public areas of the resort.

## MEDICAL

The doctor is on call 24 hrs a day. Medical bills are paid directly to the doctor by the hotel and will be added to the hotel bill at the end of the stay.

## RESORT DRESS CODE

Casual dress during the daytime anywhere on the property. In the evening the hotel asks guests to dress for dinner and men should wear smart/tailored shorts, collared shirts and closed toe shoes for the silver service dining experience and smart casual for women, this applies to boys aged 8-15 years as well as adults.

## DRINKING WATER

Tap water is safe to drink and a wide range of mineral waters are available.

## DRIVERS LICENCE

A local licence can be obtained on presentation of a full and valid UK licence.

## SMOKING POLICY

No smoking or vaping allowed in any area with a roof, even if the building has open sides. Smoking is allowed outside and, on the guests, private balcony. All rooms are fitted with smoke detectors. Due to the construction of the buildings, smoking is a serious fire hazard.

## ENTERTAINMENT

Evening entertainment - local musicians perform every day in the evening - after dinner dancing on Wednesday and Saturday evenings.  
A steel band plays during the Saturday gourmet buffet lunch plus there is a Weekly Manager's Champagne Cocktail Party.

## SPA FACILITIES

Treatments are available at the Garden Spa Pavilion by a qualified therapist and in-room massage treatments can also be arranged.

## COMPLIMENTARY YOGA & PILATES

Classes 4 times a week in the Yoga Pavilion, perfectly positioned in the beautiful resort garden.

## FITNESS TRACK & GYM

Fitness trail that meanders through the gardens, with scientifically designed workout stations dotted along the trail where guests can perform a routine as illustrated at each station.  
Find out more: [www.fittrail.com](http://www.fittrail.com). A small outside gym area and an air-conditioned gym.

## LEARN TO SAIL

On one of East Winds Hobie Cats around the waters of La Brelotte Bay and beyond.  
Daily access to the hotel's 'Exclusive Experiences' activity and day trip schedule

## FREE WATER SPORTS

Pedalos, kayaks, Hobie cat, aqua-view boards, snorkelling equipment and stand-up paddle boards

## NOT INCLUDED IN THE RATES

Laundry and dry cleaning, local and international calls, and baby-sitting is available on request. Any other items not specifically included.

## RESORT AMENITIES

Bird Of Paradise Restaurant - Breakfast, lunch, dinner, and afternoon tea.  
Bar - Bamboo Lounge Bar for cocktails and board games.  
Sunset Bar - Beachside.  
Swimming Pool Bar - Self-service swim up bar.  
Room Service - Not available unless exceptional circumstances.  
Mini shop and resort boutique.  
Watersports - Pedalos, kayaks, aqua-view boards, Hobie Cats, snorkelling equipment and sailing lessons.  
Spa Pavilion - Spa rituals and treatments.  
Yoga & Pilates Pavilion - 4 times a week.  
Walking & Running Trail - Trail with workout stations along the path.



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# EAST WINDS FACTS - AT A GLANCE

## ACCESSIBILITY COTTAGES/ SUITES

Superior Cottages are accessible for wheelchair users and one has the addition of hand rails.

## ENVIRONMENTAL & SOCIAL SUSTAINABILITY POLICY

### Social Responsibility

At East Winds on the beautiful St. Lucia islands, sustainability meets elegance. At our resort, we believe in the power of social responsibility and the positive impact it can have on both the environment and the local community. From our Family Foundation to our commitment to animal welfare, we are dedicated to preserving the natural beauty of the island while enriching the lives of its people.

### Family Foundation

In 2017 East Winds embarked on a project to support the children of staff members in receiving proper education by remaining in school. We realized that the average cost of books is EC1,000.00 or USD370.00 per year and for low-income families that would mean having to borrow the money to purchase books with high interest rates.

In order to achieve this goal, we asked our guests to donate 1 USD per room for each night spent at the resort towards what we call our East Winds Family Foundation.

### The Green Plan

Nurturing Nature, Sustaining Life – East Winds commitment to sustainability is at the core of our resort. With our Green Plan, we have created an eco-friendly and sustainable environment that captures the essence of protecting the natural world. Through practices such as organic farming, renewable energy utilization, waste reduction, and water conservation, we strive to minimize our environmental footprint. Additionally, we are passionate about educating both our guests and the local community in sustainable practices and best practices in animal husbandry. By embracing the Green Plan, we aim to foster a harmonious coexistence between humans and nature.

### Supporting St Lucia

As a community focused business East Winds is enthusiastic about supporting the islands eco-system by ensuring that all products available on the island and produced or grown on the island are used in the hotel. This extends to fruit and vegetables, eggs and fish with our local suppliers being an integral part of the hotels offering. The garden at East Winds is a tropical botanic garden, full of fruit, vegetables and herbs – all of which are used both in the kitchen and in the spa to create authentic organic dishes and spa treatments free of additives and preservatives. By using both our own produce and island sourced produce we continuously work to reduce our carbon footprint on the whole planet.

### Help Paws

Compassion for Our Furry Friends – at East Winds we have a deep love for animals, and through our Help Paws program, we are dedicated to their welfare. We actively support local animal shelters and organizations that rescue and care for abandoned and mistreated animals. By choosing to stay at our resort, you support these initiatives, helping us provide a better life for these deserving creatures. Together, we can make a difference, one paw at a time.



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# DINING OPTIONS & MEAL PLANS

East Winds is an All-Inclusive Hotel – Inclusions Features,

## MEAL PLANS – Per Person, Per Day.

**Arrival Gift** – Complimentary Champagne and handmade chocolates in guest rooms.

**Breakfast** – Full made to order and buffet breakfast.

**Lunch** – Island-inspired lunch buffets and oceanfront lunch barbecues.

**Dinner** – Silver service four-course dinner menu with once weekly land and sea barbecue dinner.

**All Day** – Lite-bite menu.

**Beverages** – Resort's wine cellar for all dinner services, all restaurant and bar beverages by the glass: wine, beer, spirits, cocktails and soft drinks, all international brands.

**Champagne** – Served during all bar opening hours, year-round.

**Mini Fridge** – Fully stocked and personalised, including alcoholic and non-alcoholic beverages.

## BIRD OF PARADISE – Main resort restaurant.

**Breakfast** – 7:30am - 10:00am, buffet-style with cooked breakfast individually prepared at the open-air grill.

**Lunch** – 12:30pm - 2:15pm, buffet-style or barbecue.

**Afternoon Tea** – 4pm, in the Bamboo Lounge.

**Dinner** – 6:30pm - 9:30pm, 4-course table d'hôte menu, 3 choices, each course including vegetarian options or barbecue once a week on Friday night which includes the include lobster grill (seasonal).

## ALL DAY LIGHT-BITE MENU

From - 12.30pm - 5.00pm daily – the menu will be the same each day (as others rotate).

**Room Service** – Please Note – as accommodation is spread over a wide area, room service is not available apart from exceptional circumstances.

**Wine Menu** – Carefully selected wines are stocked from several countries.

At lunch red, crisp white and chilled rose are offered. For dinner, there is a different choice of 2 white, 2 red and 1 or 2 rose wines every night, which are paired to the menu on a nightly basis.

**Dietary Requirements** – are easily taken care of at East Winds as well as special child meals.

**A Healthy Option** – A healthy alternative is available at each meal, created by Chef Ivan specifically designed for guests with personal well-being in mind. Healthy smoothies are available during the day including detox concoctions and therapeutic cleansers.

**Hampers** – breakfast and lunch hampers are available for guests participating in daily island excursions

## RESTAURANT

Birds of Paradise – The resorts signature restaurant.

Almond Deck – A stylish deck area is perfect for ceremonies, romantic dining, and a place to relax at the end of the day with a glass of champagne.

## BARS

The Bamboo Lounge – Cocktail Bar is open daily from 7:00pm to midnight and all day for coffee and tea.

**The Sunset Bar** – 10:00am - 9:00pm, except for Wednesdays and Saturdays when the bar remains open until 11:00pm to accommodate local live musicians and entertainment.

**Pool Bar** – self-service swim-up bar open daily from 10:00am - 5:00pm – Guests have

**Weekly Cocktail Party** – hosted by the General Manager and resort team with drinks and canapés.





## EAST WIND - ACCOMMODATIONS

Staying at East Winds you feel you've joined an exclusive in the know and rather wonderful club. Hidden away down a secluded lane, guests will have the choice of 5 categories of suites and cottages dotted around the 12 acres of attractive, well-tended gardens that open out onto a wonderfully serene and sheltered beach.

### 30 Cottages & Suites

- 10 x Superior Cottages
- 16 x Deluxe Cottages
- 3 x Ocean Front Rooms
- 1 x Ocean Front Suite
- 1 x 2 Bedroom Deluxe Cottage

Rooms can be requested and East Winds will endeavour to comply, however, they can never guarantee specific suites or cottages.

### IN-ROOM AMENITIES & SERVICES

- King Size Beds – large Super king-size bed – 85" x 83"
- Quality Linen – luxury towels and bathrobes
- Air-conditioning – in all rooms, suites and cottages
- Ceiling Fans – in all rooms, suites and cottages
- Bathroom – with walk-in shower
- Hair dryers – in all bathrooms
- Iron and Ironing Board – in all accommodation categories
- Laundry Service – on request and at an additional charge
- Refrigerator – stocked daily with soft drinks, beer, sparkling and still water, wine or any requested drinks
- Tea and coffee-making facilities
- Telephone – multi-speed direct dial
- WiFi – in all room accommodation categories
- In-room safe – in all accommodation categories
- Terrace – and ocean-view rooms have sun decks





# EAST WINDS - COTTAGES

## 10 x SUPERIOR COTTAGES

East Winds Superior Cottages offer ample living space with the resort's largest bedrooms. Located close to the swimming pool, beach, restaurant, and bars, these cottages provide a shaded patio perfect for relaxing.

### SUPERIOR COTTAGES FEATURES

Size - 300 sq. ft - all cottages are hexagonal rondavels.  
Maximum Occupancy - 3 adults, or 2 adults and 2 children - with rollaway beds.  
View - these are located nearer to the pool and restaurant.

#### AMENITIES INCLUDE

Super King-size beds.  
Bathroom with shower.  
Semi-circular covered patios.



## 16 x DELUXE COTTAGES

All are equally as large in semi-detached, and some Deluxe Rooms have connecting doors from the covered, open-air large terrace which can be requested.

### DELUXE COTTAGE FEATURES

Size - 414 sq. ft.  
Maximum Occupancy - 3 adults, or 2 adults and 1 child - with rollaway bed.  
View - these are located throughout the grounds.

#### AMENITIES INCLUDE

Super King-size beds.  
Spacious bathroom with dual basins and wide semi-open-air shower.  
Wardrobe and dressing table.



## 1 x TWO BEDROOM DELUXE COTTAGE

A special rate is available for this accommodation which comprises 2 adjoining Deluxe Garden Cottages that connect via an exterior door on the patio.

### TWO BEDROOM DELUXE COTTAGE FEATURES

Size - 828 sq feet spread across 2 bedrooms.  
Maximum Occupancy - 4 adults or 4 adults and 2 children - on rollaway bed.  
View - garden view.

#### AMENITIES INCLUDE

Super King-size bed Spacious sun terrace.



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# EAST WINDS - OCEANFRONT SUITES

## 3 x OCEAN FRONT ROOMS

The Ocean Front rooms are located in one wing of a beach house at the front of the property, close proximity to the beach.

### OCEAN FRONT ROOMS FEATURES

Size – 400 sq. ft.

Maximum Occupancy – 2 adults.

View – Sea views and closer to the beach from spacious sun decks.

#### AMENITIES INCLUDE

Super King-size bed.

Private open-air lounge.

Spacious sun deck.



## 1 x OCEAN FRONT SUITE

This is East Wind's signature suite and forms the main accommodation in the refurbished beach house.

The interior is beautifully furnished to a very high standard with a large separate living space and a spacious private sun-deck terrace.

### OCEAN FRONT SUITE FEATURES

Size – 552 sq ft

Maximum Occupancy – 4 persons - 2 adults and 2 children – on a sofa bed

View – Ocean front

#### AMENITIES INCLUDE

Super King-size bed and sofa bed.

Large private living room.

Spacious sun terrace.





# WEDDING BELLS & MEMORABLE MOMENTS

## WEDDINGS

East Winds offers couples a picture-perfect, breathtaking backdrop to their special day. The hotel specialises in exclusive, intimate, boutique weddings for a guest list of 2 to 72 people. Couples will receive support from their exceptional team of staff to help with every detail.

East Winds only hosts one wedding per week and the Wedding Package is gifted to the couple from the hotel.

For all weddings, no matter the size, the East Winds Wedding Package is provided complimentary if booked through a tour operator if the couple is staying 7 nights or more.

### The Wedding Package (value US\$2,500) includes

- Legal fees
- Marriage license
- Marriage certificate
- Registrar's attendance fees
- Decorated ceremony location
- Bouquet and boutonniere

### Optional extras (prices are approximate)

1 hour steel band - US\$300

Photographer - US\$525 - Available for 1.5 hours and will include 60 photographs on a disc, a DVD with full resolution digital files and print rights, slideshow with music, online gallery of photographs for viewing and ordering in a mixture of colour, black and white and artistic effects.

UK based wedding planner to coordinate on behalf of the bride and groom. Face to face support in choosing the fine details of the wedding. (Price on request).

The standard package as well as any of the optional extras must be booked in advance and are at all times subject to reconfirmation by the hotel. All prices quoted must be prepaid by the client to the tour operator.

Any other services not listed above can be pre-booked through East Winds, or directly by the guests on arrival or through the tour operator's local representative in St Lucia (including, but not limited to, services for hairdressers, beauticians, make-up, manicures, pressing of suits and wedding dresses etc).

### Documentation Required

Full and valid passport.

Original birth certificate If either party is divorced - Decree Absolute.

If either party is widowed - death certificate of the deceased.

If a name has been changed by deed poll, proof will be required.

If either party is under the age of 18, evidence of consent of parents is required in the form of an affidavit stamped by a notary public.

Applications to marry are made through a local lawyer following 3 working days residency on St Lucia. East Winds will assist with this formality.

### Vow Renewal

At East Winds they offer complimentary vow renewal for couples staying a minimum of 10 nights.





# ISLAND INFORMATION & ACTIVITIES

## ISLAND ACTIVITIES

St Lucia that vision of the iconic Pitons, lush rolling hills, flora and fauna, a blend of cultures sharing their cuisine, all mixed in and surrounded by beautiful beaches, and you have found paradise.

Rabot Hotel offers a selection of tours, excursions, and activities for guests and all abilities to experience St Lucia from adventurous to more genteel the island is really like know other. For the adventurous, the Gros Pitons is a unique hiking experience, inland waterfalls, walking trails and an abundance of flora and fauna with 180 species of birds recorded on the island.

For something gentler and at sea level the Eastern Nature Trail along the Atlantic Coast is worth exploring as are many of the mapped nature trails the island features. There are ATV tours, zip lining, kayaking down the Roseau River, scuba and snorkeling, and kitesurfing excursions.

### **Boucanier Underwater Explorer - Only available to hotel guests.**

This is a leisurely cruise of the west coast, exploring the main coral reef sites such as Anse Cochon, Anse Chastanet, the coral gardens by Gros Piton and Jalousie. You will have the opportunity to snorkel, swim and explore the dramatic coral reef walls that begin only a few feet from shore and drop off steeply into the ocean depths. There is an abundance of marine life and you may even see leatherback turtles.

**Available:** Monday-Friday

**Times:** 9:30-13:00 or 13:15-17:15

**Remember:** camera, suntan lotion, beach towel, swimwear, hat and sunglasses.

### **Boucanier West Coast Raiding Party - Only available to hotel guests.**

We leave the old port of Soufrière as buccaneers have done throughout the centuries to explore and raid the waters of the west coast. Pass the fishing villages of Canaries and Anse la Raye and Pigeon Island looms eventually on the horizon – on a clear day Martinique can also be seen. You can explore the island and take the opportunity to have a local lunch at Jambé De Bois waterfront restaurant and bar (named after the wooden-legged pirate who used this very place to ambush shipping in the days of sail). Later we sail to Marigot Bay, often described as the most beautiful bay in the Caribbean, and then on to anchor between the Pitons – one of the best and most dramatic mountain seascapes in the world, where you can take the opportunity to swim or just enjoy the views.

**Available:** Wednesday and Friday

**Time:** 10:00-16:30

**Remember:** camera, suntan lotion, beach towel, swimwear, hat and sunglasses plus some spending money.

### **Soufrière Experience - Only available to hotel guests.**

The Sulphur Springs, Diamond Falls & Gardens Tours – Visit the world's only drive-in volcano and sulphur springs en route to the picturesque waterfall at the Diamond Falls & Botanical Gardens. The pools at the mineral baths are filled with mineral-rich water that is naturally heated by volcanic activity, so take along bathing suits for a soothing dip. The rejuvenating powers of the water were recognised by the troops of Louis XIV who created the original mineral baths.

**Available:** Mondays-Fridays and Sundays

**Times:** 10:00-13:00

**Remember:** camera, suntan lotion, beach towel, swimwear, hat and sunglasses plus some spending money.

### **Gros Piton Climb - Only available to hotel guests.**

Enjoy a breathtaking hike to the summit of Gros Piton. The first half of the trail is a gentle slope where the Caribbean Sea and the village of Choiseul can be seen to the south. The second half of the trail involves a steep ascent to the summit and is intended for the more adventurous hiker. This climb is approximately a 3- to 4-hour round trip. When you make it to the top, which is 2,619 feet above sea level, you have climbed one of Saint Lucia's iconic landmarks. This is a strenuous challenge and should be undertaken only by fit and agile hikers.

**Available:** Mondays-Fridays and Sundays

**Times:** 6:45 – 11:00 (wake-up knock can be provided!)

**Remember:** stout trainers or walking boots, camera, suntan lotion, hat and sunglasses plus some spending money

### **Treetop Canopy Adventure**

Experience the ride of your life on a 12-line world-class zip line course designed for maximum thrill and exposure to the most spectacular views.

### **Tet Paul Nature Trail**

There's something for everyone on the Tet Paul hike. Culture, history, exotic horticulture, spectacular landscapes and the amazing views of the Pitons.

### **Our Planet Our Planet**

St Lucia's new multi-million-dollar state-of-the-art attraction which has a partnership with NOAA/NASA. Your guided tour of Our Planet will include eleven different educational spaces where visitors will discover more about St Lucia and the planet we live on.

### **Morne Coubaril Estate**

This is an active plantation as well as tourist attraction. The zip line add-on offers breath-taking views of the Pitons and the quaint town of Soufriere. The working plantation tour is interactive and offers an engrossing taste of local history and culture.



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# ISLAND INFORMATION & ACTIVITIES

## Pigeon Island National Park

Jutting out from the Northwest coast is Pigeon Island which is connected to the mainland by a causeway. Once upon a time this was a strategic point during the French and British struggles for control of St. Lucia. Now it's a national park and a venue for concerts, festivals, and family gatherings. There are two small beaches with calm waters for swimming and snorkelling, a restaurant, and lovely picnic areas.

## Zion Lion Farm

It's not really a lion farm, more of a day trip encompassing a hike to Gros Piton from the beach, snorkelling in the Marine Reserve reefs, cooling off in the L'Ivrogne River's pools & waterfalls, exploring 18th-century sugar plantation & rum distillery ruins, horseback rides on the beach, and of course, enjoying an organic farm-to-table Carib Beach BBQ.

## Horseback Riding with Island Riders

Explore St Lucia by horseback.

## Diamond Falls Botanical Gardens

The Diamond Falls are consistently described as one of the natural wonders of St Lucia. Diamond Falls Botanical Gardens, a six-acre multi-award-winning tourism site, is a peaceful retreat from the outside world.

## Rodney Bay

There's no shortage of things to do on this 80-acre man-made lagoon laden with restaurants, bars and shops.

## La Soufriere

Drive-In Volcano There is nothing else like it in the world! You can literally drive right into the crater of this volcano and walk between the bubbling sulphur springs and hissing pools of steam.

## Gros Islet Street Party

The Gros Islet Street Party is an institution! A joyful festival that blends the atmosphere of a carnival with a street fair.

