



St Lucia

Simply Beautiful



St Lucia

St Lucia is simply beautiful, with the famous Piton Peaks dominating the skyline. Lush rainforest, sulphur springs, golden and black beaches and stunning coral reefs add to its beauty. The landscape of St Lucia is stunning with mountains covered in dense green foliage, a dramatic Atlantic coastline, calm Caribbean Sea and a mixture of towns and villages.

As throughout the Caribbean, the island is rich in culture, having been inhabited by the Arawak Indians, the Caribs, the French and the English. Finally becoming an independent democracy within the British Commonwealth in 1979.

SPORT IN ST LUCIA

Cricket can be played at the recently constructed state of the art Beausejour Cricket Ground, where there are 4 practice net pitches, two turf and two concrete. The Mindoo Philip Park and other selected smaller grounds throughout the island are also utilised. The Mindoo Philip Park is also used for playing rugby.

There are football pitches throughout the island, the main one being at The National Stadium in the South of the island. It is an international size stadium with a seating capacity of 8000. It also has an 8 lane 400 meter track for athletics. Netball is very popular on the island and is played at the Vigie Multi Purpose Complex, where there are three courts, all of which are floodlit.

THINGS TO SEE & DO

- Visit Rodney Bay – one of the best Harbours in the West Indies, with a marina and water sports on offer.
- Sightseeing opportunities – sulphur springs, colonial fortifications, plantation tours.
- Adventure – snorkelling, horse riding, hiking, biking and jeep safaris.
- Friday nights are the highlight of the week in St Lucia. Known as "Seafood Friday", you can buy the cheapest lobster and crayfish in season at Anse La Raye

WHAT YOU NEED TO KNOW

The Capital of St Lucia is Castries.

British passport holders do not need visas to enter St Lucia for visits up to 42 days. Passports require 6 months validity from the date of return.

The local currency is the Eastern Caribbean dollar.

St Lucia is 4 hours behind GMT.

Flights from the UK take approximately 8 hrs 45mins .

There is a EC\$54 departure tax for anyone over 12yrs old (approximately £12.30).

The temperature ranges from 18 to 35°C.

Dry season is roughly January – April .



EVENTS

Jazz Festival – April/May
St Lucia sways to the sounds of jazz, R'n'B, Soca and Soul at the annual jazz festival.

Carnival – July
The locals like to party at the carnival which happens on the third Monday and Tuesday of July. It is gaining recognition as one of the best in the region.

