Villa Pierre

MUST-SEE SITES AND ACTIVITIES IN SAINT LUCIA

Prices are in US Dollars and are subject to change

- This activity guide features some of Villa Pierre guests' favourite activities and things to see.
- We recommend calling ahead to double-check schedules & prices. Though we strive to provide our guests with accurate information, these are **subject to change**.

TIP: to facilitate navigating in Saint Lucia, we strongly recommend to download the free **WAZE** application. It is lighter and more accurate than Google maps.

SUGAR BEACH / JALOUSIE PLANTATION



Sugar Beach
Val des Pitons
P.O. Box 251, Soufrière, Saint Lucia

Located in a UNESCO World Heritage Site between Gros and Petit Pitons, this former sugar plantation has a new swagger. It takes a while to reach this area but the pristine site makes it worthwhile. The forest, not to say jungle, surrounds the premises and the majestic towering Pitons watch over you as you float in bluish-green crystal-clear waters.

There is a snorkeling area that is roped off from the rest of the bay. The snorkeling is pretty good as you may spot a variety of fish including cuttlefish. It can be a little rocky getting in, so either bring water shoes or be prepared.

TIP: There is a limited number of free loungers so get there early or bring your own beach chairs.

THE GROS PITON CLIMB



Hours: 7 am to 2 pm
Approx. 5-6 hrs – Physical Demand: Challenging
Startup time: your choice (early pickup recommended)

The rise of Gros Piton is not a simple walk in the mountains. It is a hike that may sometimes require a little climbing. The first half of the trail is moderate. The view is beautiful even if it's halfway yet (you can see the Petit Piton). The third quarter is rather difficult and lastly, the very difficult fourth quarter. The stone steps and roots are high enough, but once at the top, you forget the difficult climb. The view at the top is breathtaking and different than the one at halfway mark.

TIP: Before the hike, buy snacks and about 1.5 L of water per person. Wear comfortable shoes and arm yourself with a walking stick.

The climb takes on average 2 to 2.5 hours and the descent is a little less than 2 hours. It may be long and a bit challenging. Whether via land or sea, it is unthinkable to go to Saint Lucia without seeing the famous peaks representing the emblem of this island. There are many excursions that allow these peaks to be admired from land and sea.

BOAT TOURS WITH REEL TIME ADVENTURES



These boating adventures are offered by **REEL TIME ADVENTURES,** a local tour and excursion provider located in Vieux Fort.

They offer boat service alongside the St. Lucian Caribbean coastline. They specialize in snorkeling and sightseeing tours, deep sea fishing/ bottom fishing, offshore fishing, jigging, trolling, night fishing, traditional hand-line fishing, catch-BBQs, sunset cruises, scuba diving, dolphin and whale watching and more!

The tours are customizable and suited for everyone.
REEL TIME ADVENTURES can plan your entire adventure.

To inquire or order this service, please contact your Villa Coordinator at (758) 714-1353.

PICK UP: Pick up at the villa and on-boarding at Vieux Fort's harbor.

PRICE: Price varies depending on type and length of tour.

HIKING THROUGH DES CARTIERS RAINFOREST



Opening Hours: 8:30 am - 2 pm, Monday to Friday
Located on Ti-Rocher Micoud Road, Desruisseaux
(30-minute car ride from Vieux Fort)

This 2 km loop through rarely visited rainforest will have you witness lush tropical foliage and birds, as you traverse the trail into the high-canopied forest.

Call ahead to make a reservation. It is not possible to walk the trail on your own so you will want to make sure to have a guide available for you.

Interesting Fact: The lush rainforests of Saint Lucia are home to a least five local birds not found anywhere else on earth, including Saint Lucia's national bird, **Amazona Versicolor**.

TIP: Come prepared for rain as the forest reserves see a lot of annual rainfall.

HORSEBACK RIDING – ATLANTIC SHORES RIDING STABLES



A popular activity with Villa Pierre guests.
Rides are available to all, seasoned and beginners.

P.O. Box 301 New Dock Road, Vieux Fort, Saint Lucia

Opening hours:
Weekdays from 8 am to 4 pm
Saturday 8 am to 1 pm
Closed on Sundays

Prices vary depending on ride selection.

DIAMOND FALLS BOTANICAL GARDEN & MINERAL BATHS



Hours:
Monday to Saturday: 10 am – 5 pm • Sunday: 10 am – 3 pm • Holidays: 10 am – 3 pm

Diamond Falls Botanical Gardens & Mineral Baths offers many different tropical plants, a waterfall and an interesting variety of natural hot springs. There is a souvenir shop and a small restaurant.

TIP: Enquire if there are groups scheduled and try to visit when there are fewer people. Plan a full hour to enjoy this visit.

The trail is well identified with signs and it's easy to find your way. The waterfall is especially nice and it bares rainbow colors when hit by sunlight. There is an option to bathe in mineral water from the waterfall.

A visit to the farmlands can convince you to have a different interpretation of fruits and foods of the region. You will be delighted by its large varieties of exotic plants and ferns that you see here and the guide are happy to share a lot of information.

RABOT ESTATE & PROJECT CHOCOLAT



Hotel Chocolat
Rabot Estate
Soufriere, St Lucia, West Indies
Open Monday to Friday, 8am – 5pm

The Estate

The 140-acre plantation is situated near Soufrière. The rich and fertile volcanic soil, high altitude and rainforest water combine to create a unique terroir perfectly suited to growing fine and rare strains of cocoa.

Rabot Restaurant & The Cacao Bar

The restaurant is set in a spectacular setting and serves "cacao cuisine", infused or spiced with cacao. For external diners, a reservation is recommended. For booking requests within 24 hours, please call the restaurant to confirm your reservation.

Breakfast: 7am – 10am / Lunch: 2pm – 3pm / Dinner: 6pm– 10pm

Project Chocolat Tours

The **Tree to Bean** tour lets you talk with planters, learn the history of chocolate in Saint Lucia, and graft and tag your own tree.
The **Bean to Bag** experience allows you to select cacao pods and make chocolate bars and truffles from beans you roast yourself. Each tour is about 1.5 h., or about 3 hours when combining the two.

Time of tours may vary and we recommend calling ahead.

TETE PAUL NATURE TRAIL/HIKE



Gentle to difficult 40-minute Hike/Nature Trail
Hours: 9 am – 5 pm

The guided hike on the Tet Paul Nature Trail takes approximately 40 minutes. The scenery of the coast is unique and because the walk is more of a short walk, it is easily tackled in good walking shoes. It's a very nice ride that is inexpensive and complete enough. While on trail, there are local traditions to see (e.g. local houses that manufacture the native cassava flour pancake called "Kassav").

After seeing a wide variety of biological and medicinal plants, move on to a promontory which offers a splendid view of the two peaks. The view is breathtaking and you can take beautiful photos of Saint Lucia.

ANSE CHASTANET BEACH AND REEF



Located on Old French Road
Soufrière, Saint Lucia

Anse Chastanet is altogether a beach, a reef and a restaurant. One of the top beaches in Saint Lucia for snorkeling and deep diving, it offers a unique stretch of almost-black volcanic sand. Divers must register through the diving center, but snorkel is free and relatively accessible from the beach. There are also shower and bathroom facilities available.

TIP: Walking barefoot can be difficult since the black sand can turn very hot. Some caution should be paid to boat traffic when enjoying water activities.

SULPHUR SPRINGS & MUD BATHS



The only drive-in volcano in the world!
Open year round. Pools: 8 am – 10 pm

The Sulphur Springs is one of the main attractions of Saint Lucia. Be surrounded by natural sulfur springs where the smell is of course very telling. The ticket price includes a guide. They give the history of the place and give interesting talks and travel tips about the surrounding countryside. If desired, you can swim in the springs. If you take the full tour, you can dip in the muddy warm water, get a nice scrub and condition your skin. There are changing rooms and showers.

TIP: To avoid staining your bathing suits from the black water pools, we recommend wearing old or black colored bathing suits. As for the towels, we kindly ask that you use Ville Pierre's **beach towels** for this experience.

This unique place is a UNESCO World Heritage site. In addition to the volcano itself, you may watch a short film explaining its creation and an exhibition of how the sulfide mud is used for other purposes.

ZIP LINING & DUNE BUGGY SAFARIS (may be combined if desired)





These adventures are offered by **Island Routes**, an international tour and excursion provider in Saint Lucia.

Zip Lining Experience

Trained guides take you zipping high above the rainforest. The course consists of 12 zip lines including the islands' longest, fastest and highest, plus a net bridge. The lines extend up to 800 feet between platforms and reach heights up to 150 feet above the forest floor. Includes complimentary refreshments.

Dune Buggy Safari + Zip Lining

Jump in a 2 or 4-seater buggy and drive yourself to adventure.

Your first stop is Treetop Adventure Park, the zip lining site. Enjoy a complimentary drink, then suit up and get ready for the lines. The course is designed for maximum thrill and exposure to great views of the rainforest.

After completing the 12 lines, you'll relax with another complimentary drink before hopping back onto your buggy for the return ride.

Drivers MUST be 23 years and over, have a valid driver's license to be able to drive manual transmission / stick shift.

Attractions in **THE NORTH**

PIGEON ISLAND NATIONAL PARK



Hours: every day from 9 am to 5 pm

Pigeon Island is a national park where you can sunbathe or enjoy long walks in the woods. It harbors a small restaurant for a quick bite. The park is flanked by the sea on both sides, one calm and one super choppy. There are many ruins dating back to the first English invasions right at the entrance.

The mountain can be hiked and divided into two sections. The first section is easy enough and good walking sandals are needed for the long walk through the forest. The view along the mountain is fabulous as you get to see the island of Martinique.

We recommend proper hiking footwear if you plan to climb the final overcast leg. The terrain may prove too challenging for small children or if you are physically unfit.

Interesting Fact : The first **Pirates of the Caribbean** movie, The Curse of the Black Pearl, was filmed in St. Lucia. Pigeon Island was the island where French pirate François le Clerc and his crew attacked Spanish treasure galleons.

TIP: Ensure to have lots of space on your camera... you'll take lots of pictures!

SHOPPING… SHOPPING… SHOPPING!



CASTRIES MARKET

The Castries Market has been the capital city's local food and flea market for the last century. Open every day except for Sunday, locals gather to sell homegrown produce and spices as well as St. Lucia-stamped souvenirs.

Although the market is open every day except Sunday, you should time your visit on a Friday or Saturday morning, when more tourists are around and the market comes to life with plenty of vendors.

Location: John Compton Highway, between Jeremie and Baptiste streets, less than a mile south of the cruise ship terminal.

RODNEY BAY

The Rodney Bay area is a busy place with several restaurants, souvenir shops and 2 large markets.

The bay itself is very nice and still quite natural except for two large resorts. The 10-minute walk to the quaint village of Gros Islet, where time seems to stand still, is quite enjoyable too.

MARIGOT BAY



Located just south of the capital Castries, Marigot Bay was described by American Novelist James A. Michener, as "*the Most Beautiful Bay in the Caribbean*". It is indeed a stunning oasis of sophisticated bars, restaurants and both water and land-based vacation activities. It makes a nice day trip!

Interesting Fact: The first **Pirates of the Caribbean** movie, The Curse of the Black Pearl, was filmed in St. Lucia. The filming locations included Marigot Bay (the bay where Captain Jack Sparrow sees skeletons hanging from a natural arch). Pigeon Island and the Twin Pitons were also filming locations of the famous pirate.

IMMACULATE CONCEPTION CHURCH



Located on Micoud Street, in Castries, Saint Lucia
No Entrance Fee

Weekend Mass Times:

Sunday — 6 am / 8 am / 10:30 am
Saturday — 8 am

Like most churches in the Caribbean, the Church of the Immaculate Conception is very charming but desperately in need of restoration. Nevertheless, it is a beautiful haven of calm at the heart of the city center.

Its special interest lies in its beautiful frescoes on the ceiling and the paintings of biblical scenes depicting black characters only. As you exit the church, proceed to the square and explore the surrounding buildings with typical local architecture and brown balconies.

FISH FRIDAY GROS ISLET STREET PARTY



No Entrance Fee and everyone is welcomed to join the fun!

Can you imagine a whole village dancing? This is what happens every Friday night at the Gros Islet Street Party. Caribbean beat, BBQ chicken, rum and coke and party await you.

Everyone is welcomed and there's no fee to join the fun.

Every Friday night, this part of the road is closed to traffic.