

SHORE EXCURSIONS

CASTRIES, ST. LUCIA

TOUCH THE ICONIC PITONS



\$85.00 / Adult

\$45.00 / Child

Duration: 6 Hours

Activity Level: Moderate

DETAILS:

Enjoy a 90-minute drive along the island's gorgeous western coastline offering views of the hilly ranchland and postcard-like vistas of mountains, ocean, and quaint fishing villages. Hike along a nature trail that will present spectacular views of the island's signature Pitons and then take a dip in the cool waters at the base of a waterfall. This adventure is all about the great outdoors and panoramic views, starting with the sights from atop Morne Fortune. From this former military outpost, you will gaze out over Castries and the turquoise seas beyond.

The scenery will be even more memorable as you follow the Tet Paul Nature Trail. It will present close-up views of St. Lucia's most iconic natural attraction—the Pitons, twin volcanic spires that soar high above the sea. They are so spectacular, along with the flora and fauna that thrive around their bases, that UNESCO deemed the surrounding area a World Heritage site. Following the hike, you can swim in the refreshing pool at the bottom of the Toraille waterfall and then dine on Creole cuisine at the Old Sugar Mill Restaurant.

NOTES:

The completion time of the walk on the trail depends on the pace of the touring group. The walk is not strenuous, but participants must be able to manage unlevel surfaces and steps. Guests can swim under the waterfall. Bring towels and sunscreen lotion. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

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OPEN FUN BUS TOUR



\$69.00 / Adult
\$39.00 / Child
Duration: 4 Hours
Activity Level: Easy

DETAILS:

OVERVIEW

Take an entertaining ride through the countryside in a vintage, open-air bus that will bring you to the beach for even more fun. It's all about having a good time on this carefree jaunt around St. Lucia. The bus is brightly colored, Caribbean music will be playing in the background and the drinks will be flowing freely. Along the way, you will see some of the signature attractions in the northern part of the island, including horseshoe-shaped Rodney Bay. In the town of Gros Islet, you will pause at the St. Joseph the Worker Church, a Catholic landmark erected to honor where the first priests settled in St. Lucia in 1749. The fun really crescendos at a nearby beach, where you can spend free time doing whatever you please. You might swim in the crystal-clear waters, stretch out on the sand, bask in the sun, and beachcomb along the shore.

HIGHLIGHTS

- Ride around the northern reaches of St. Lucia in a brightly colored vintage bus.
- Enjoy complimentary drinks and Caribbean music, as the guide points out the scenic attractions.
- Spend free time at a popular beach, swimming, relaxing and doing whatever else you wish.

HELPFUL HINTS

- Dress in weather-appropriate clothing, bring towels and biodegradable sunscreen.
- Wear flat comfortable walking shoes.

NOTES:

Beach chairs and umbrellas are available for rent at the beach. Persons using foldable wheelchairs but can manage to walk will be allowed to participate on the tour. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

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VOLCANIC MUD BATH EXPERIENCE



\$85.00 / Adult
\$45.00 / Child
Duration: 5 Hours
Activity Level: Easy

DETAILS:

Enjoy a 90-minute drive along the island's gorgeous western coastline offering views of the hilly ranchland and postcard-like vistas of mountains, ocean, and quaint fishing villages. Reap the benefits of soaking in a volcanic mud pool at Sulphur Springs Park, the largest geothermal area in the Lesser Antilles. As you enter what is billed as "the world's only drive-in volcano," you will pass bubbling hot springs and steam rising from vents in the earth's surface known as fumaroles. It will be quite the experience, especially as you ease into a warm volcanic mud bath with minerals said to soothe the skin, detoxify the body and reduce inflammation from conditions such as arthritis. One attribute is undeniable—you can't help but be completely relaxed while soaking in the warm sulphur-infused mud. The mud will be made available to apply. It is no wonder that the pools are one of the most popular attractions in St. Lucia. To round out your day, you will pause at an old sugar mill and linger over a sumptuous lunch.

NOTES:

There are 10-12 steps at the Sulphur Spring Park as well as entering the black water pools. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

RAINFOREST AERIAL TRAM



\$149.00 / Adult
\$129.00 / Child
Duration: 3 ½ Hours
Activity Level: Easy

DETAILS:

The Rainforest Sky Ride in St. Lucia provides you with a bird's eye view of a truly mature oceanic rainforest. Nurtured by warm, gentle rains and rich volcanic soils, St. Lucia's forests have achieved a state of ancient majesty. Gondolas safely glide you through and over the treetops, where knotted and twisting woody vines wind to the tops

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of old growth rainforest trees. Dense thickets of surreal vegetation merge with cascades of flowers. Lavender stars, orange bursts, yellow berries and white lace thrive on the branches of fragrant flowering trees.

Giant 'Chatannier,' magnolia, and gommier trees tower over the landscape and provide food and shelter for St. Lucia's endemic and endangered parrot. Experience St. Lucia's Forest and witness this ancient celebration of color and life. At the end of your Tram Ride, there is an optional walk through the beautiful Hummingbird Garden.

NOTES:

Restaurant facilities and a snack bar are available for an additional charge at the premises for your convenience. The walk through the Hummingbird Garden is approximately 15 to 20 minutes and guests will be walking on uneven terrain, small garden stones and would have to climb approximately 25 to 30 steps.

SKY CANOPY & AERIAL TRAM



\$149.00 / Adult

\$149.00 / Child

Duration: 4 ¾ Hours

Activity Level: Moderate

DETAILS:

Travel through St. Lucia's countryside and the communities of Babonneau, Fond Assau and Chassin. Upon arrival at the Rain Forest Sky Rides Eco Park, you'll gear up as your naturalist tour guide gives a safety introduction and then accompanies a group of no more than eight persons to the training cable for a trial run. After successfully completing the training cable, board the Aerial Tram which will transfer you through the wonders of the rainforest to the top station where you disembark. Continue on a trail descending through the thicket of the rainforest and after a hike of approximately 15 minutes you reach the first sky canopy platform.

The first zip cable is only the beginning of an exhilarating experience. In all, you'll glide along eight zip cables. Fly among the high rainforest trees and enjoy great views of the north of the island, Atlantic Ocean, and the Caribbean Sea. After this exhilarating experience, board the aerial tram and relax in the comfort of your gondola while you enjoy fantastic views and the nature around you.

NOTES:

Participants must be at least 5 years of age and weigh no more than 350 lbs. The minimum waist measurement for the safety harness is 45.7 cm/18 inches and the maximum waist is 127 cm/50 inches.

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HISTORICAL ISLAND TOUR



\$49.00 / Adult
\$39.00 / Child
Duration: 3 Hours
Activity Level: Easy

DETAILS:

Your tour begins with a drive through the capital, Castries, up along the La Toc Road to the La Toc Battery. Here many stories will be told of how the British defended the island against the French. Continue your journey bypassing the official residence of the Governor General before driving through the historic Morne complex to view the Inniskilling Monument which was erected in honor of the 27th Inniskilling Regiment who captured the Morne from the French for the British in 1796. Traveling on, you'll pass banana plantations in the valley before stopping in the village of Anse la Raye - a typical fishing village.

Stroll along the waterfront and visit the Roman Catholic Church or shop for a memento of your visit to the island. A stop is made at the Marigot Bay viewpoint to capture the tranquil blue lagoon surrounded by the green hills. Heading up from the valley, visit St. Mark's - an old colonial style house which is strategically placed high up in the hills and offers a panoramic view. Capture the magnificence of Castries harbor and your cruise ship as a backdrop, amidst the deep blue sea.

NOTES:

Participants must be at least 5 years of age.

HORSEBACK BEACH ADVENTURE



\$119.00 / Adult
\$119.00 / Child
Duration: 4 Hours
Activity Level: Moderate

DETAILS:

Upon arrival at the stables, you'll be given a briefing and issued a protective helmet. Then, you'll be assigned a horse according to your skill and size. Your tour will head east at a gentle pace for about 20 minutes, until you reach a beautiful, secluded beach of Cas En Bas, overlooking the Atlantic Ocean. Riding along the beach is everyone's

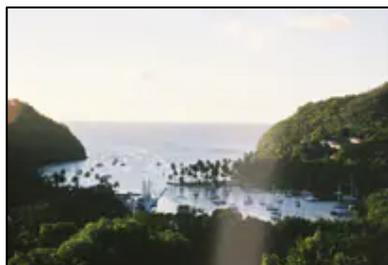
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dream and your guides will help you take photos at each picturesque spot. Experienced riders need only ask, and the guides will take you for a canter along the beach. Those wishing to swim with their horse are assisted by the guides or you can choose to swim alone. After this delightful tour you'll head back to the stables with fond memories.

NOTES:

Participants must be at least 10 years of age and in good health. Minimum weight is 60 lbs. Maximum weight is 250 lbs. This tour is not recommended for those with back, leg, neck, and hip problems. Pregnant women are not allowed to participate. Waivers are signed prior to riding. Wear your swimsuit, long pants and bring a towel. Cantering or galloping on the beach is not permitted. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

ISLAND SPLENDOR



\$59.00 / Adult
\$29.00 / Child
Duration: 4 Hours
Activity Level: Moderate

DETAILS:

Departing the quayside, you will drive through the city of Castries. Your first stop is at Caribelle Batik Studio where you'll learn about the batik printing process during a brief demonstration. You will then enjoy a spectacular drive along a ridge separating the Cul de Sac Valley from Roseau Valley. Admire the impressive views of picturesque Marigot and the lush mountains of St. Lucia during a brief photo stop here.

Travelling down the west coast, you'll pass through the small fishing village of Anse la Raye for a short stop to enjoy the local lifestyle. You can stroll through to the old Roman Catholic churchyard for photos and mingle with the street vendors. The highlight of the tour will be a visit to a 150-year-old plantation located on two acres of tropical gardens and lush vegetation of historical Morne Fortune lending breathtaking views of the city.

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ST. LUCIA BEACH BREAK



\$55.00 / Adult
\$35.00 / Child
Duration: 4 Hours
Activity Level: Moderate

DETAILS:

Board an air-conditioned bus for a short drive to Rodney Bay - known as the island's most popular tourist area. Pigeon Island Beach is one of St. Lucia's popular beaches with golden sand. At the beach, your guide gives a brief orientation of the beach facilities. Relax in a complimentary beach chair in a specially designated area and enjoy three hours of fun in the sun. There are several beach bars to purchase drinks and snacks. Umbrellas are available at an additional charge.

NOTES:

Participants must be able to climb steps and walk over cobblestone and relatively even surfaces with a few stairs to negotiate. An alternative beach will be used depending on weather and sea conditions. All beaches in St. Lucia are public and can be crowded at times. Water sports equipment is available for rental. Restroom facilities may be used as changing rooms. Guests who go ashore do so with the understanding that they will be mixing with members of the general public.

NORTH TOUR – GREEN TO SAND



\$59.00 / Adult
\$39.00 / Child
Duration: 3 ½ Hours
Activity Level: Easy

DETAILS:

From 'green to sand' you'll get to know all of the facets that make up this great island. Experience the hustle and bustle of town and city life, the natural beauty of the countryside and the tranquility of the beaches.

Meet your tour guide who will brief you on your tour itinerary and safety protocols. The first stop will be a house of worship that dates back to 1767. Basilica of The Immaculate Conception is a Roman Catholic Church and one of the biggest religious structures in the Caribbean. Continue to historic Morne Fortune, home to St. Lucia's Governor

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General and the highest point in Castries. Pay a visit to the many vendors that always have something a little different to sell, like banana ketchup – a condiment like no other.

Your journey continues through the countryside. Enjoy the beautiful flowers with delicate fragrances and lush vegetation. St. Lucia is home to an abundance of fruits and vegetables. The town of Gros Islet is the most northern town on the island, home to The Gros Islet Fisheries. Visit the community of Cap Estate for great views including the Atlantic coast so have your camera ready. Stop at Cas En Bas Beach – one of the island's most beautiful beaches. Kick off your shoes and feel that golden sand between your toes or take a dip in the warm waters. Enjoy a beverage here. Return to the pier for your departure.