ONE TIME SAILING ADVENTURE

One Time is a 37 ft ocean sailing boat. She is extremely safe and comfortable – easy to sail (Maurice, her skipper, can easily sail her single-handed) but exciting too.

Join Maurice, a certified yacht charter captain and infamous local storyteller, onboard his yacht “One Time” and set sail for a day of adventure and entertainment like you’ve never experienced before.

Whether you are a seasoned pro, or trying sailing for the first time, Maurice will hand you the wheel, let you hoist the sails and handle the grinders. If you prefer to sit back and soak up the sun (and the champagne) let Maurice do what he does best - show you St. Lucia from a very different perspective. Of course, no trip would be complete without Maurice’s legendary storytelling - a fascinating account of St. Lucian history with a handful of tall tales for good measure!

Live the dream and choose from:

- The Full Day Excursion sails all the way south to Anse Cochon for snorkeling and a view of the distant Pitons. You will pass picturesque Marigot Bay of Dr. Doolittle fame and the fishing village of Anse La Raye.

  Lunch and drinks are included.

- The Half Day Adventure in the Pigeon Island area offers you views of the northwestern shoreline of St. Lucia and an opportunity for snorkeling.

  Drinks and snacks are included.

- A Romantic Champagne Sunset Cruise takes you out of Rodney Bay in search of the green flash at the most magical hour of the day

  Champagne served on board

Have your family or friends join you and ask our concierge about group rates.
Half Day Sight Seeing & Snorkel Charter

Cruise along Saint Lucia's west coast on a 31’ Bowen speed boat with retractable bikini canvas top. Leave from Rodney Bay Marina past Castries our capital, Marigot Bay one of the most beautiful bays in the Caribbean, through the colonial fishing village of Anse la Raye, then Canaries and on to Soufriere; home of the majestic Pitons declared by Oprah Winfrey as “One of the five places to see in your lifetime.” Swim and snorkel in the Marine Reserve then relax on board while you crise back to Rodney Bay.

Time: 8:00am to 12:00pm or 1:00pm to 5:00pm / Duration: 4 hrs
Tour is available daily with refreshments water, sodas, Beer and rum punch
Transfers are not included

Full Day Sight Seeing & Snorkel Charter

Cruise down the picturesque coastline one a 31ft. Bowen Speed Boat are at leisure to choose your stops from a number of the island’s beautiful locations like Marigot Bay, one of the most sheltered bays in the Caribbean. Sail past some of the island’s vibrant fishing villages like Anse La Raye home to the famous Friday Night Seafood fiesta and Canaries. Your final stop along the coast is the Island’s former capital city the town of Soufriere.
Dip beneath the surface into the pristine turquoise waters of St. Lucia from you Boat. Masks, Snorkels and Fins are supplied on board for your use as you dive down a host of colourful coral reefs. Lunch in Soufriere is available at an additional cost.

Time: 9:00am to 5:00pm / Duration: 8 hrs
Tour is available daily with refreshments water, sodas, Beer and rum punch
Transfers are not included
SNORKEL & DIVE TRIPS

SNORKELING

Marine Park
You will be picked up directly off the beach and greeted by our friendly and courteous staff. The boat will then take you on a 35 minute ride to Anse Cochon which is a remote dark sand beach with an adjacent reef perfect for snorkeling or to Anse Chastanet (55 minute ride) with a reef that starts just 10 yards beyond the water’s edge. These reef’s remarkable ecosystems offer an amazing profusion of unusual tropical marine life in shallow calm and clear water that harbours 150 different species of fish. Snacks and beverages are provided.

Northern Sites
You will board the boat off the beach and then head to Saline Point (20 minute ride) or Pigeon Island (15 minute ride). Saline Point is a tapering piece of land projecting into the water located off the Lesport hotel where you will enjoy snorkeling off the beach into the clear Caribbean waters, viewing the variety of marine life from Sargent Majors to squids and octopus, flying Gernards, spotted drums and lots of tropical fish. Pigeon Island - This site is below the historic Pigeon Island National Landmark, the Point is famous for Fort Rodney and Hosting the St.Lucia Jazz Festival culminating events. The site is home to an abundance of schooling fish; snappers, grunts and also to non schooling fish, flounders, Scorpion fish. Squids, octopus and turtles are also found on this site. The dive usually starts off shallow and it progresses around the point you can get a maximum depth of 60 feet.

Snorkel gear provided
Pick Up from Beach

SCUBA DIVING

Single Tank US$126.00 per person
Double Tank US $150.00 per person
Price above includes equipment and marine park fees.

The most popular dive sites are, The Lesleen M, Anse Cochon, The Pinnacles, Superman's Flight, Anse Chastanet and Anse La Raye Wall. The boat ride to the sites vary from 35 to 55 mins depending on the site. The entire tour will last for approximately 4 hrs to 4 hrs 45 mins depending on the sites we visit that day.

Marine Park fees:
The Annual fee is US$15; (divers who will be doing more than 3 days diving during their trip)
Snuba offers the best way to go beyond snorkeling. It is truly an ideal underwater experience. Under the supervision of our warm, friendly and certified Snuba Guides, you can intimately explore exotic marine life from a fully guided and safe perspective.

Our fabulous **Snuba Adventure Tour at Pigeon Island** begins from a gently sloping sandy beach. The waters surrounding Pigeon Island offer a variety of tropical fish and marine life including; Flounder, Blue Tang, Parrot fish, Squirrel fish, Spiny lobster, Arrow crabs, Octopus, and coral such as Barrel sponge and Brain coral. We also have a variety of seasonal visitors including Turtles, schools of sardines and more…every dive is a new adventure!

After a brief (15 minute) pre-dive orientation, that includes many useful snorkeling skills you will begin a very comfortable and calm guided tour that will take you to a maximum depth of 20 feet. Snuba is diving at your level of comfort. If you want to cruise on the surface or descend to the depth of your choice, it is always up to you. There is no need to surface for air or to tussle with bulky equipment, just gear up and dive in!

Snuba is simply the underwater experience, done right! A tranquil combination of well-being and pleasure, discovering our beautiful marine life, one dip at a time!

Duration: 2 ½ hrs.   Tour Days: Everyday
Private Sailing Charters

Go sailing on your customised private charter and enjoy an unforgettable, intimate experience while exploring the west coast. Sipping on champagne, sampling fresh tropical fruits or merely indulging in complementary snacks and other refreshments while sailing past our local fishing villages. Choose to swim or snorkel at our marine reserves with snorkle gear provided, or simply relax on deck while enjoying refreshing drinks.

One may sail on a Classic Monohull sailing yachts ranging from 40-42ft, french design and style, offering spacious cockpit, ample foredeck space for laying out and a transom in the aft for easy access to swimming and snorkeling. Or go off in a Flagship Catamaran the true blue water cruiser with a large cockpit with direct access to swim platforms, to spacious trampoline nets in the foredeck. This 40ft Robertson & Caine Leopard was built in South Africa and crossed the Atlantic Ocean.

Monohull Sailing Yachts

Half Day Charters

Full Day Charters – Lunch is provided

Flagship Catamarans

Half Day Charters

Full Day Charters - Lunch is provided
Escape to the neighboring island of Martinique for a day of sun, fun and shopping. The 60 foot power catamaran Flying Ray sets off at 8:30 a.m. from our Rodney Bay Marina for the picturesque south of Martinique includes drinks, snacks and lunch.

More often than not, during the channel crossing, dolphins can be seen frolicking in the ocean and occasionally whales will surface too.

Once in Martinique, there is the option of a ½ hour guided tour of the main attractions in the capital Fort de France and 2 hours exploring on your own or you can venture for the full 2½ hours shopping on your own. Guests then re-board for a short trip to a serene bay. A Barbeque lunch is served on board and you may swim, snorkel, or simply relax.

Following a close-up look at Diamond Rock, the catamaran heads back across the channel, aiming to be back in Rodney Bay Marina at approximately 5:30 pm.

Martinique Splendor all-inclusive day tour is one of the highest rated tours in St. Lucia. It’s a ‘day-cation’ within your vacation.

We will leave Martinique and sail back to St. Lucia through the famous channel between the two islands, slowing down, more often than not, to let you enjoy the sight of the Caribbean fun loving dolphins who love to come and give our guests a farewell party of their own. Included round trip transfers will take you back on time to enjoy the dinner and night activities you already planned in Saint Lucia.

Full Day Tour on Thursday 8:30am to 5:30pm

Bring along your camera, cash and credit cards, towel, bathing suit and sun tan lotion.

IMPORTANT: Passport information will be needed by 12noon the day prior to the tour to facilitate customs formalities.
What a way to relax, yet still get the chance to see the beautiful island of St. Lucia.

Each tour goes along the West Coast, with rum punch, fruit punch, sodas and water included.

**Tour Bagay Catamaran Day Tour** (8 hours) / **Pirates’ Ship Day Tour**

- Drive-In Volcano, Mud bath
- Morne Coubaril Plantation Tour
- Pitons
- Swimming under Torille Waterfall
- Snorkeling Anse Cochon
- Marigot Bay
- Buffet Lunch

- Drive-In Volcano, Mud bath
- Pitons
- Swimming under Torille Waterfall
- Buffet Lunch on ship
- Treasure hunt on ship
- Learn how to fire black powder cannon
- Swing from yardarm or walk the plank

Available Mon, Wed & Sat - 8:30am to 5:00pm

Available Tue & Fri - 8:30am to 4:00pm

**Pirate Ship “Black Magic” Sunset Cruise** - (2 hours)

- Cruise away in search of the Flash!
- Listen to some local music and classic hits while you sail into the sunset
- Enjoy complimentary champagne, hors d’oeuvres, rum punch, fruit punch

Available Tue & Fri - 5:00pm to 7:00pm

All prices are Subject to 10% VAT

Transfers are included
Fly through St. Lucia’s rainforest and discover a whole new world
This ancient celebration of color and life is an unforgettable experience!

The AERIAL TRAM Tour (3.5 hours)

The Lightness of Being
Up, Up and Away on your Rainforest Tours
Flirtatious hummingbirds, impressive buttress root systems, and persistent ficus stranglers reveal themselves on our rainforest aerial tram ride. Cool tropical breezes and panoramic vistas included.

- Aerial tram ride
- Fern Nature trail
- Awesome views
- No fitness limits, for all ages

TRANOPY Tour incl. Zip Line (5 hours)

- Three attractions for the price of one (Aerial Tram, Rainforest Trails & Rainforest Canopy Zip Line)
- Awesome views
- Soar, Hike, Glide
- Aerial tram ride
- Jacquot Trail hike
- Tranopy zip line course (11 platforms and 10 lines)
- One (1) Nature Interpreter and one (1) Zip Line Sweeper for a group of eight (8) guests

Note
Walking/hiking shoes mandatory (no high heels, sandals or flip flops) suntan lotion, rain protection, insect repellent, camera, binoculars,
The Tranopy tour is for not suitable for pregnant woman or persons with back or neck injuries. It is only suitable for the physically fit and not for children under 12 years of age.
The Hike is for not suitable for pregnant woman or persons with back or neck injuries. It is only suitable for the physically fit and not for children under 12 years of age.

ADRENALINE Tour (approx. 3 hours)

This zip line tour is not for the faint of heart. This tour starts innocuously enough with a short walk through a peaceful part of the forest, but that’s as pastoral as it gets. Launch off eagle’s claw, zip through the rainforest from tree to tree, leap from the platform with a Tarzan’s vine onto Tarantula’s nest, then rappel down to terra firma to find your land legs again.

BIRD WATCHING Tour (approx. 4 hours)

Birding Tours St. Lucia
The bird watching hike at Rainforest Adventures is designed to engage everyone from the serious birder to the casual enthusiast. The bird watching St. Lucia tour sets off just after sunrise to ensure the best sightings. Experienced Nature Interpreters guide you through the forest pointing out signature calls and keeping eyes peeled for even the most elusive of birds.

- For Bird Watching enthusiasts and serious hikers
- 5 Endemic Species
- Jacquot Trail hike
- Tropical Continental breakfast

All prices are inclusive of 10% VAT

Transfers included.
BEAN TO BAR

Brace yourself for a gastronomical trip on a catamaran to create your very own delicious chocolate from scratch at a historic cocoa estate. See the cocoa in the bean stage, experience bean tasting, de-shelling, grinding. Scoop out the beans to be roasted and inhale the sensual aroma as they are turned into fine bars of chocolate. While the tempering (setting of the chocolate) is taking place enjoy a three course lunch infused with cocoa treats.

After lunch collect your personally made chocolate bar, then it’s on to the Mud Bath where you slather yourself in a mineral-rich potion allowing your body to relax and rejuvenate.

Finally, return to the catamaran to join the Piton Sunset cruise, where you will be spellbound as the sun vanishes between the glowing Pitons.

Bring along, sneakers, change of clothes, towel, swimsuit, camera, sunscreen & watershoes
Duration 10hrs approx. From 9:00am to 7:00pm
Tour Days: Tuesday, Wednesdays. Fridays & Saturday
Take the ultimate St. Lucian challenge and climb to the peak of the world-famous Gros Piton, designated a World Heritage Site by UNESCO and described by Oprah Winfrey as “One of the four places you must see during life”.

The Pitons are two volcanic plugs located near the towns of Soufrière and Choiseul on the southwestern coast of the island. The Gros Piton is 771 m, and the Petit Piton is 743 m high; they are linked by the Piton Mitan ridge. There are still sulfur springs and hot mud pools in the nearby Soufrière caldera, visible remnants of former volcanic activity in the area.

**BRIGAND HIKE**

Your day begins with a trip by bus down the west coast to Soufrière, passing by Marigot Bay, Anse La Raye, Anse Cochon; a stop in the village of Canaries to enjoy their popular freshly baked bread. Your guide will then accompany you to the summit of Gros Piton, from which the view has to be seen to be believed, with clear views across to Martinique to the North and St. Vincent to the south.

Be sure to get a photo-op near the World Heritage Site Monument. It is proof that you made it to the top!

*All Day Excursion (Bathing suites and a change of clothing is recommended for lunch)*

Lunch & refreshments are served.

Transfers Included

Available Mon, Wed & Fri, minimum of 4 required

*Please note that whilst the hike does not require special experience or equipment it is nonetheless strenuous and not suitable for all. Hiking boots or sturdy trainers are required, and long sleeves and insect repellent are recommended.*
Atlantic Cost Discover Tour

The tour will head East on a gentle pace for about 20 minutes, until they glimpse a beautiful secluded beach called Cas En Bas, overlooking the Atlantic ocean. Riding along the beach is everyone’s dream and we will make it memorable by having our guides help the guests take shots at a very picturesque spot at the end of the beach. Any experienced riders need only ask and the guides will take them for a canter along the beach.

App. 2 hours
App. 1 hour riding only

Swim with your horse

You have also the possibility to join the Atlantic Coast, where you have the chance to swim with your horse in the sea. Don’t forget your towels, because you will have time to enjoy and relax. And local food and drinks are already included.

App. 4 hours

Includes pick up from the resort.

Do not forget your camera and suntan lotion!!
Land and Sea Tour

This is a popular tour, which provides you with two contrasting perspectives of the west coast of the island.

You will be driven to Soufriere along the spectacular scenic west coast with a knowledgeable guide. Along the way you pass through the fishing villages of Anse La Raye and Canaries, which individually bring their own spice to the St. Lucian experience.

There will be stops for refreshments (soft drinks and bottled water) and photographs. In Soufriere you will tour the Toraille Waterfall and Gardens where you can enjoy an invigorating swim beneath the cascading falls and then a visit to the world’s only drive-in volcano and Sulphur Springs before arriving at the Mango Tree Restaurant at Stonefield Estate for lunch. You will enjoy a delicious Creole lunch with a cool and refreshing fruit juice. After a leisurely meal, you will be taken to the Soufriere jetty to board the waiting vessel that will take you first to Anse Cochon for swimming and then into serene Marigot Bay and finally back to Castries.

Days of operation: Tuesdays and Fridays

Minimum of 4 persons required
ST. LUCIA GOLF CLUB
18 hole championship golf course 6771 yard – Par 71

St. Lucia Golf Club is where the traditions of a timeless game meet a distinct tropical setting. Lush fairways roll above stunning Caribbean waters. Contoured greens are surrounded by orchids and bromeliads. A dramatic course sits on an island bursting with beauty. And when the round is over, gracious hospitality awaits in an open-air bar and restaurant with panoramic views of paradise. This is St. Lucia Golf Club...

RATES

18 holes... includes cart
20% off 2nd round (same week)
7 days unlimited
10 days unlimited
9 holes... includes cart

Twilight Rate

Tee off at 3:00pm or later and play as many holes as you wish at the 9 hole rate applicable for that period.

Rentals

✓ Callaway Warbird Golf Clubs
✓ Callaway X20 Clubs
✓ Shoe Rentals
✓ Range Balls
✓ Lessons from 40 minutes
✓ Rider’s Fee is available per person(to be paid on the course)

Complimentary transportation to and from hotel.

Restaurant, fully licensed bar and Duty Free Pro Shop open daily

1st Tee Time – 6:50am
Your pilot’s informative and lively commentary rounds out the experience which you won’t soon forget.

**North Island Tour** (10 minutes)

Sights: Castries, Major Beaches & Hotels, Plantations, Cap Estate Homes, Rugged Atlantic Coast, Pigeon Point, Fort Rodney, Rodney Bay Marina, Rat Island

**South Island Tour** (20 minutes)

Sights: Castries, Marigot Bay, St. Lucian Fishing Villages, Lush Rainforest, Interior Mountains, Pitons, Soufriere Volcano, Coral Reefs, Dive Sites, Remote Waterfalls, Rivers and Valleys

**North & South Tour** (30 minutes)

**Airport Shuttles** (approx. 10 minutes)

This shuttle takes you from either Hewanorra Airport or George F.L. Charles Airport to the other airport.

Views: St. Lucia’s lush interior highest peak (Mt. Gimie), Rosseau Dam, Atlantic Coast, Marigot

**West Coast Shuttle** (approx. 15 minutes)

This flight takes roughly five more minutes than the regular shuttle as it meanders over many of St. Lucia’s favorite scenic areas. You’ll see the Pitons in all their glory, the Soufriere Volcano and a rainforest that you might imagine coming from a magical fairy tale.

Transfers to and from Helipad are not included.
WET & WILD SOUFRIERE BY BUGGIE

Things are about to get wet, wild and a little muddy on this cross-terrain expedition. Cruise down the West Coast to the coastal town of Soufriere, where you’ll hop aboard a 2 or 4 seater buggy and see Saint Lucia’s most famous spots, island style! Drive through Soufriere to the top of the world’s only drive-in volcano, where you can explore the natural wonder and take a dip in the warm mineral mud baths.

After a muddy bath, it’s onward down dirt roads and winding paths to the beautiful Toraille waterfall, where you can take a refreshing swim. There’s just time for lunch overlooking the majestic pitons before racing back to the coast for a relaxing sail back to the resort.

MUST be 23 years and over, have a valid Driver’s Licence and be able to drive Manual Transmission/stick shift
Bring along, sneakers, change of clothes, towel, swimsuit, camera, sunscreen & watershoes
Duration 10hrs approx.
Tour Days: Tuesday to Saturday
Rainforest - Parrots Bath and Hike

A short drive through the city of Castries, then to the picturesque Morne through the community of Bexon which sits in one of the flattest lines of the rainforest. Then across the island into St. Lucia’s beautiful Rainforest where Wildlife unfolds with amazing fauna and flora.

Hike 1.75 miles for approximately an hour forty five minutes and experience nature with an opportunity to view over 23 species of birds on the island including our National Bird the St. Lucian Parrot.

This local experience continues with the opportunity to take a cool bath and relax in a natural river pool.

Taste some of our local seasonal fruits, quench you thirst with some juice while you watch your guides as they roast provisions like breadfruit, ripe plantain and bananas on a bond fire for your tasting pleasure island style. Partake in this treat while you relax at the Parrots’ Bath.

Tour Duration: 4 Hours 30 Minutes
Transfers, water, juice and entrance fee are included
Transfer from resort from 8am
Tour Days: Tuesdays, Thursdays and Saturdays
Minimum: 2 pax
Sea Trek Helmet Diving Tour at Pigeon Island National Park

Sea Trek ® Adventure Helmet Diving Tour is as close as it gets to the sensations of walking in space. Under the supervision of your warm, friendly and certified Sea Trek Guides, you will take a walk on the “wet” side which brings you face to face with the marvel of marine life. Our fabulous Sea Trek Adventure Helmet Diving Tour begins from a gently sloping sandy beach.

You will be equipped with the specially designed Sea Trek 75 lbs helmet which sits comfortably on your shoulders. Trekkers breathe freely underwater from a continuous flow of air pumped into the back of the helmet through a hose attached to a compressor system at the surface.

There are no masks, no mouthpieces, no stress and no complications. You can even wear your prescription glasses, as your entire head stays dry throughout your underwater adventure.

Sea Trek is specifically for families, children 8 years or older and non-divers. There is no certification necessary and swimming skills are not required.

If you can walk and breathe, you can Sea Trek!

There is never a 100% guarantee that a particular species of marine life will be seen.

Transportation, entrance fees to national park & bottled water included!
Duration: 2 ½ hrs.  Tour Days: Everyday