

ESCAPE

EXPLORE

RELAX

TOURS & ACTIVITIES

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Sea Based Tours & Activities

CATAMARAN TOURS WITH CARNIVAL SAILING

SOUFRIERE ADVENTURE \$140

EVERY DAY EXCEPT MONDAYS, 9:00AM-4:00PM

Enjoy a light breakfast as you sail along the west coast to Soufriere past the villages of Anse-La-Raye and Canaries, enjoying the approach to the majestic pitons. In Soufriere you will take a shuttle to the Diamond Botanical Gardens for a guided tour of the beautiful grounds and the Diamond waterfall. Then onto a local plantation house for lunch, visit the Sulphur springs, to enjoy the mud baths or a tour of the world's only "drive in" volcano. Once back on board we take a leisurely cruise to a protected reef for swimming and snorkeling.



LAND & SEA ADVENTURE \$150

TUESDAY, WEDNESDAY & THURSDAY, 9:00AM-4:00PM

Sail down the west coast where you will enjoy a view of the world famous Pitons as you arrive in Soufriere, explore the Diamond Botanical Gardens, head to a local plantation restaurant for a traditional Lucian lunch. Then take the land tour where you can opt for a trip around the volcano or a dip in the mud baths followed by a visit to Toraille Falls. Continue the guided historical land tour, which takes in a working banana plantation, Marigot Bay - haven to yachts and location for several films, as well as the picturesque fishing villages of Anse La Raye and Canaries, before continuing the journey to Castries.



FOUNTAIN OF YOUTH \$110

EVERY DAY EXCEPT MONDAYS, 9:00AM-4:00PM

Sail along the west coast to the town of Soufriere, enjoying a creole breakfast & fresh fruit. In Soufriere take the shuttle to Soufriere Estate for an extended tour of the botanical gardens and take a soak in the medicinal mineral baths. Diamond Baths share the same therapeutic values of the top European spas. Have lunch at a plantation house, experience a St. Lucian lifestyle, stroll around the beautiful gardens and 18th century village. Sail back up the coast, taking a refreshing swim at a secluded bay; visit beautiful Marigot Bay. The journey continues to Castries.



SEA TO SKY \$125

EVERY DAY EXCEPT MONDAYS, 9:00AM-4:00PM

Sail to Soufriere in front of the majestic Pitons by catamaran. Take in the beautiful coast line before you take the plunge of the adrenaline zip line at the Morne Coubaril estate, enjoy a guided tour of the plantation. The cables move you across the bamboo shadowed gorge and into the canopy of mango and coconut trees; after the thrilling hot wire zip line enjoy lunch and head back to the boat for swimming and snorkeling, make a pass into the beautiful Marigot Bay.





ISLAND LIFESTYLE \$150

EVERY DAY EXCEPT MONDAYS, 9:00AM-4:00PM

With health and wellness in mind, join us on an exhilarating, fun venture. Enjoy fresh cut fruits and fresh squeezed juice as we sail the breath taking beauty of the west coastline. Then jump start your tour with a light hike up Tet Paul where you literally "touch the peak". Sample delicious seasonal tropical fruits before a sumptuous lunch at a small local restaurant. Discover the secrets of St. Lucia's only natural warm waterfall, spend some time in the cascading water and the warm baths of water below. We then make our way back on board for a cruise up the coast making a stop to snorkel over a coral reef also dropping into Marigot bay for some great photo opportunities.



PITON SUNSET \$100

2:00PM-7:00PM

Cruise to Sugar Beach in Soufriere, a magical bay nestled between the iconic pitons. The only sunset tour that takes you to snorkel at the base of the Pitons over the protected reef and coral garden. Sail the beautiful St Lucian coast line then snorkel the Piton reef, whiles cruising back to Marigot Bay for sunset, one of the most beautiful bays in the Caribbean, enjoy hors d'oeuvres and cocktails as you listen or dance to Caribbean vibes. Watch the sunset in a blaze of colours and you never know, you might even see the magical green flash!



ROMANTIC SUNSET \$90

EVERY SATURDAY, 5:00PM-7:00PM.

Sail off into the sunset with the sounds of sweet sax from our on-board resident Saxophonist, on this romantic cruise that features stunning views of the sun dipping into the sea and lighting up the horizon in a whole spectrum of red, pink and orange shades. Savor delectable hors d'oeuvres onboard and enjoy a full bar inclusive of wine and champagne. Watch the sea become ablaze with fiery color... Or simply steal away, find a quiet spot where you can be alone together, and remember why you fell in love in the first place.



PARTY IN THE BAY

THURSDAYS, 9:00PM-11:00PM

Enjoy an evening party cruise from Rodney Bay Marina, one of the best known marinas in the Caribbean, down the coast to Windjammer Bay, where you will enjoy the spectacular night lights of Choc Bay, Castries and The Morne. Savor hors d'oeuvres and a selection of drinks. Dance the night away under the stars with music from our onboard DJ, and fitted disco lighting. Sail back along the coast enjoying the views of Sandals Grande, The Landings and the Reduit Beach.

SPECIALITY TOURS

BEAN TO BAR \$200



TUESDAY, WEDNESDAY, FRIDAY & SATURDAY 9AM-4PM
Chocolate heaven with a catamaran sail to add! After sailing to Soufriere and the Pitons you're taken to Hotel Chocolat where you will learn all about the cocoa and be guided through their concept where you will make your own bar of chocolate and eat a three course lunch from their a la carte menu where every dish will consist of chocolate - it's truly amazing! - followed by the mud bath and back on board for snorkeling between the Pitons.

MUTINY \$145



TUESDAY TO SATURDAY, 9AM-7PM

Take charge of your own private tour. Sail down the coast and take in the island's beautiful scenery. Once in Soufriere, escape in your own vehicle with a local guide as your driver and together, spend 5 hours discovering your own treasure spots, the volcano, a zipline, the therapeutic baths, botanical gardens or a choice of stunning waterfalls and a world class restaurant or drop into a few of the local hotspots. Return to the catamaran and sail off on the piton sunset.

WET & WILD \$230



TUESDAY TO SATURDAY, 9:00AM-7:00PM

Relax as you sail down the west coast before you experience the rush of an island buggy, take control and drive. Overlooking local villages onto the beach. Continue to a local plantation estate for lunch then on to mud bath and the Torraile waterfall where you can take a dip, before returning to the boat for snorkelling between the Pitons on the protected reef. On your way back up making a pass into Marigot bay and taking in the beautiful St Lucian sunset.

WHALE & DOLPHIN WATCHING



In our Caribbean waters, we have many different species of whales and dolphins. There is something captivating about coming face to face with sea creatures which are 60 feet long, weigh approximately 44 tonnes and make noises that can be heard up to 5 miles away. The experience of encountering whales in their natural habitat is an adventure to look forward to. What is even more exciting is the affinity that one feels for dolphins or whales when paths cross, even if their appearance is so unlike that of other mammals.

Our beautiful ocean has long been noted for its distinctive aquatic life, coral reefs and tropical fish. St. Lucia is considered to be one of the premiere Whale & Dolphin Watching destinations of the Southern Caribbean. There has been a record of 25 different marine mammals' species found in our waters.



Whale Watching Details:

- Book On-Island
- These excursions cannot be booked ahead of time, but can be easily booked once you arrive
- Sightings include: Sperm whales (45 ft.), Pilot whales (20ft.), Humpback whales (60 ft.), as well as Spinner, Striped, and Common Dolphins. There are resident pods of Female Sperm Whales and their calves along with Pilot Whales and Dolphin, so there are good sightings year round.
- The boats are equipped with the necessary electronics allowing for an 85% sightings record.
- Supplied on every trip refreshments and rum punch.
- Duration of tours are 4 hours.
- The boat leaves from the Vigie Marina in Castries.
- Rates: US\$65 per person. Children under 12 are US\$45. (Does not include transportation to/from Castries).



SCUBA DIVING

There's simply no end to the wonders under the sea on St. Lucia, considered by many to be the finest diving spot in all of the Caribbean. Your Scuba Diving Vacation will take you to shallow reefs, thrilling wall drop-offs, submarine canyons teaming with big fish and marine life. Enjoy it all in pristine, clear and unspoiled waters, Diving in St. Lucia is by far the experience of a lifetime.

Discover this majestic retreat by visiting our prime sites from Anse Cochon to Soufriere, visit the renowned Piton Walls or Superman's Flight, wreck dive the Lesleen M or night dive amongst the sleep rays, your Caribbean Dive adventure will provide the bountiful treasures that you are seeking, a Scuba Vacation of unimaginable beauty and nature.

Why Dive in St. Lucia?

- Over 25 unique and remarkable dive sites, like the Piton Wall, Turtle Reef, Lesleen Wreck, and Superman's Flight
 - Enjoy an array of micro and macro incredible marine life, like corals, reef fish, plants, crabs, lobster, sea horses, star fish, moray eels, rays, tuna, jacks, and turtles
 - Warm waters mean only thin or short wetsuit needed
 - Average visibility is 100', average dive depth is 65'
 - Surface conditions and currents are variable but generally strong
 - Wreck types include wooden ships, modern ships, and artificial
 - St. Lucia hosts a wonder of incredible dive sites that will have you wanting to explore more and more. The jagged landscape of St. Lucia means that the waters around the island are generally deep, with impressive walls and hidden treasures, with plenty of marine life and shipwrecks.
- Please see your tour desk for arranging dive trips.





KAYAKING TOURS

COASTAL & RIVER KAYAKING

There are several breathtaking St Lucia Kayak Tours as well as Tropical Nature sceneries to bind your experience. Kayaking trips in St Lucia provide the ultimate nature fun tour. The tours use expedition touring kayaks and sit on top units all with rudders and storage hatches. The tour comprises a training component especially for the use of the decked units.



CAPTAIN MIKE HACKSHAW'S

SPORT FISHING & WHALE WATCHING

Welcome to Captain Mike's Sport Fishing, Whale Watching & Pleasure Cruises! Captain Mike Hackshaw's Sport Fishing & Whale Watching Tours business is one of the oldest and most well established family run boating companies in St Lucia, established over 60 years ago and running as Captain Mike's for over 35 years.

SAINT LUCIA SPORT FISHING

Now when it comes to experience, Bruce Hackshaw is the fanatic here, he hates to return without a catch! The Hackshaw boys, Bruce and his brother Andrew have been fishing since they were knee high to a grasshopper so very few can beat their knowledge of sport fishing around St. Lucia and the rest of the Caribbean! The Trophies are there to prove their worth. So, if you are professional - great - if not don't worry, we'll show you the ropes of this exhilarating sport, you couldn't be in better hands, so come and join the masters and see what you can land!



Captain Mike's currently holds the record for landing a 940lb Blue Marlin! The waters around St Lucia are filled with a variety of large game fish & schools of fish, including the illusive Blue Marlin, White Marlin, magnificent Sail Fish, awe inspiring Yellowfin and Blackfin Tuna, Wahoo, Dorado (also called Mahi Mahi, or Dolfin locally), there are also King Fish and Mackerel available for your catching pleasure.



PRIVATE DAY SAIL CHARTERS

Owned by the director himself, pick a day and time and we will make this journey worth looking forward to. See concierge for more information.



SEA-DOO SPEEDSTER

Jaw-dropping handling. Lightning-strike quickness. Even Mother Nature would stop and stare in awe. And with good reason. Flash across the water at 60 mph (96.56 km/h) and crank the wheel toward your next stop. No problem. This boat and the water are inseparable. With room for three friends and the ability to go from 0 to 30 mph (48.28 km/h) in 2.8 seconds, you won't want to leave either.

Land Based Tours & Activities

THE MOST EXHILARATING (AND QUICK) WAY TO LEARN ABOUT ST. LUCIA!



One of the newest and most popular things to do in St. Lucia is zip lining through the rainforest canopy! It's an exhilarating experience, and the knowledgeable guides might even teach you something about the amazing ecosystem of this island. It starts with a tram ride up through the canopy of the forest reserve, with your guide pointing out exotic birds, trees, and insects, and then a series of exciting zip line runs back down through the jungle.

RAINFOREST ADVENTURE TOURS \$95

ZIP LINE: Get buckled up to a series of cables and zip from platform to platform across the rainforest canopy.

AERIAL TRAM TOUR: A casual, quiet ride through the rainforest reserve with a dedicated guide. The quiet ride helps you spot more of St. Lucia's wonderful nature.

Book on-Island. These excursions cannot be booked ahead of time, but can be easily booked once you arrive on the island and call our Guest Services.



RAIN FOREST WALK DESCARTIERS TRAIL

A Forestry Guide leads you deep into St. Lucia's Mahaut forest in the interior. Spot exotic birds like the rare St. Lucia Parrot, or just learn all about St. Lucia's beautiful ecosystem and history. At the end of your walk, enjoy a picnic lunch in the natural atmosphere of the rain forest. Walk is about 2.5 hours round trip. Transportation: taxi service to and from the activity not included.



ANDREW LAND TOURS \$180

Andrew offers a 4-hour tour to Soufriere and back. You will get to experience one of the most beautiful sights on island. Venture out to see the world's only drive in volcano, stunning waterfalls and exquisite gardens. Also, stop at a few local spots for drinks and eats.



HELICOPTER TOUR

NORTH ISLAND TOUR

FLIGHT TIME: 10 MINUTES

Views: Castries, Major Beaches & Hotels, Cap Estate Homes, the Rugged Atlantic Coast, Pigeon Island, the Rodney Bay Marina and Rat Island. Pilot Commentary: History, Hotel Locations & Offerings, Current Island Development and Wealthy St.Lucian Homes. Infants (Under 2 years old) fly free.

SOUTH ISLAND TOUR

FLIGHT TIME: 20 MINUTES

Views: Castries, Marigot Bay, St.Lucias' Fishing Villages, Lush Rainforests, Interior Mountain, The Pitons, the Soufriere Volcano, Coral reefs, Diving Sites, Waterfalls, Rivers and Valleys. Pilot Commentary: History, Banana Facts, Rainforest Features, Indigenous Species, Geological Features and Activities, Must- Visit places. Infants (Under 2 years old) fly free.

NORTH & SOUTH TOUR

FLIGHT TIME: 30 MINUTES

This tour is a combination of both the North and South Tour described above. Infants (Under 2 years old) fly free.



RHYTHM OF RUM TOUR

The "Rhythm of Rum" tour is open for pre booked groups (minimum 14 pax) 7 days a week, and individual visitors 5 days a week (Monday to Fridays, except public holidays). A complete guided tour will take about an hour to complete. The first tour is scheduled at 9AM and the last at 3PM.

There is wheelchair access to all sections of the tour however motorized/electrical wheelchairs are not permitted in the distillery property. Clients are offered the opportunity to purchase items at the "Rhum Shoppe" at factory prices.

Individual Rate: US\$10/EC\$26 per person (you must be of legal drinking age to be able to purchase).

Group Rates:

- 15-50 people: US\$8/EC\$20 per person
- 50-100 people: US\$7/EC\$18 per person
- 100+ people: US\$6/EC\$15 per person
- Children under 16: half price
- Groups in excess of 80 can be accommodated at any one time providing they arrive at 30 minute intervals.

WHY THE GROS PITON HIKE IS A “MUST EXPERIENCE” SAINT LUCIA EXCURSION



Visiting St Lucia is certainly a must-do experience all its own, but what you do while you are there will make a big difference in how you remember the island.

- The Pitons, St Lucia’s two volcanic mountains, are certainly some of the island’s best features, and a Gros Piton hike is an experience unlike any other.
- Gros Piton stands a remarkable 2,619 feet above sea level, and coupled with Petit Piton, it is the hallmark of St Lucia’s western coast.
- From the peak, you can see not only the gorgeous waters of the Caribbean, but a vast portion of the island itself.
- A Gros Piton hike tour is the only way to see the island from this vantage point, and the experience you will have standing at the top makes it absolutely worthwhile.

When you decide to climb Gros Piton, you will experience the literal definition of high adventure. Petit Piton is much steeper and more dangerous, while Gros Piton offers safe hiking and a much more astonishing view. The ascent can be a bit steep in some parts, but the hike is not too difficult for most travelers. The town of Fond Gens Libre is where you will find the interpretive center and where you will obtain a guide to help you make the trip.

It is also very important that you wear comfortable footwear that offers tread for stability as well as sunscreen to help protect your skin. A camera is also highly recommended, as the view from atop Gros Piton is something that very few locations in the world can even attempt to rival.

Health & Wellness Activities



SOOTHING TOUCH SPA

OPEN DAILY FROM 8AM-5PM

Add a touch of extra calm and relaxation to your holiday at Marigot Beach Club Spa and Wellness Retreat - we offer a wide range of spa treatments that will help you forget your worries and rediscover your inner tranquility.

Soothing Touch Spa offers an excellent selection of treatments, including full body massage, reflexology, facials, wraps and hair braiding - so as well as feeling fantastic, you'll look your very best throughout your stay.

We recommend that you book your sessions in advance to avoid disappointment. Please see front desk with your preferred dates and times and we'll do the rest.



WORKSHOPS & GROUP ACTIVITIES

SAHAJ SAMADHI MEDITATION

We offer a range of workshops and group activities at Marigot Beach Club Spa and Wellness Retreat. Over the coming months we'll be adding a number of additional activities and events to this page, including special retreat packages led by well-known names in the health and fitness world.

Our Sahaj Samadhi meditation groups are led by members of the Art of Living Foundation, who describe Sahaj Samadhi meditation as "a natural, effortless system of meditation. Regular practice of the technique can totally transform the quality of one's life, by culturing the system to maintain the peace, energy and expanded awareness throughout the day."



PRANAYAMA BREATHING

We offer a range of workshops and group activities at Marigot Beach Club Spa and Wellness Retreat. Over the coming months we'll be adding a number of additional activities and events to this page, including special retreat packages led by well-known names in the health and fitness world.

Pranayama breathing (also known as yoga breathing) comprises a series of exercises designed to keep the body healthy. It's a breath control technique that helps prepare you for meditation, and helps you to attain the correct balance of oxygen and carbon dioxide that's perfect for re-energizing the body.

SPORT & FITNESS ACTIVITIES

We can also arrange off-site activities through local providers, including horse riding, golf, tennis and more.

Please visit the front desk for more details.



RAINFOREST POWER WALKING

The rainforest power walk takes you on an invigorating trek up the hillside behind the resort, through lush rainforest, to the crest of the hill where you'll be rewarded with stunning views of not just Marigot Bay but also neighboring islands St Vincent and Martinique. This is one activity where we highly recommend taking a camera with you!



AQUA AEROBICS

Our aqua aerobics sessions are designed to provide a great workout, while your body is supported by the water. While workouts are fairly vigorous, being supported by the water means that if you have an existing medical problem such as an old injury or joint pain that could be exacerbated by a high-impact activity like aerobics, with aqua aerobics your body feels lighter and so although the muscles are worked, the risk of injury is greatly reduced.



YOGA

Hatha Yoga is a centuries-old yoga system originating in India. It's the most popular system of yoga, and the 'mother' of several other yoga styles including Power Yoga, Bikram Yoga, Kundalini Yoga and Ashtanga Yoga. Hatha Yoga balances the mind and body, using physical poses, breathing techniques and meditation, and helps improve the body's flexibility and strength as well as helping you to stay calm in stressful situations.



PILATES

Pilates is a series of exercises developed to alleviate back pain due to either poor muscle tone or injury. The exercises are designed to strengthen the abdominal area, thus supporting the back and diminishing discomfort. Flexibility and posture also play an important part in the teaching of this discipline and it has been proven to achieve fantastic results in a short space of time. This class has the seal of approval from the majority of the 'celebs' as being a fabulous way to tone and strengthen the whole body. Our pilates classes are taught by an experienced and qualified instructor who will provide a workout perfect for your level of experience, from beginner to advanced.

TREATMENTS

STEAM ROOM



The treatments at Marigot Beach Club Spa and Wellness Retreat are designed to leave you feeling invigorated, rested and healthy.

Steam rooms were popularized by the ancient Greeks and Romans. Over two thousand years later we haven't lost sight of the many benefits of using a steam room, which include aiding sleep, easing stress, promoting healing and encouraging toxins to leave the body through perspiration. Using a steam room is a great way to relieve respiratory complaints, and an added bonus is that a steam room can help you to lose weight; it's said that up to 600 calories can be burned during a 30-minute steam room session.

INFRA-RED SAUNA



The treatments at Marigot Beach Club Spa and Wellness Retreat are designed to leave you feeling invigorated, rested and healthy.

As with a steam room, an infra-red sauna can be a useful weight loss aid. An infra-red sauna can improve the circulation of the blood, revitalise the skin cells, improve the immune system, relieve a variety of aches and pains, and improve muscle tone and strength. While the humidity in a steam room is 100%, in an infra-red sauna the heat is usually completely dry.



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