

Secrets of St Lucia

Twin center guided walking

- Glorious beach walks, tropical valley trails, hidden rainforest
- Delightful Caribbean hotels with panoramic pools
- Vibrant flora and fauna: pink and orange hibiscus, ginger lilies, Christmas candle, fragrant frangipani
- Hummingbirds, bananaquits, purple-throated Caribs
- Ruined forts, ancient sugar mills and colorful squares



This twin center holiday brings out the secret side of St Lucia. Walking with a local expert guide, we discover a side to St Lucia most visitors never see. We begin in the south in Soufrière where highlights include an unforgettable ascent of Grand Piton - giant mango, sugar apple and avocado trees - cooling off afterwards under refreshing waterfalls.

In Soufrière we stay in La Haut Plantation above the old French capital with unbeatable views towards the two pitons and the smoking sulphur springs. The traditional wooden building has spacious terraces perfect for relaxing and two panoramic swimming pools, and the bay below has some of the best snorkelling in St Lucia.

After a visit to the Millet Bird Sanctuary, we then continue to our second hotel in Castries, in the north of the island. Walks here take you from hillside banana plantations to sweeping Atlantic beaches. We discover ruined forts on ridge walks through sugar plantations

Our base here is Auberge Seraphine – a bright white colonial style lodge with egrets nesting in surrounding trees, a stroll from the colorful central market. Spacious air conditioned bedrooms have balconies with views over the sparkling pool, and the stylish open plan restaurant overlooks the twinkling lights of the marina.



SECRETS OF ST LUCIA | DAY BY DAY

Day 1 Arrive on St Lucia

We meet you at the airport and transfer you to Soufrière (50 mins) in time for dinner.

Day 2 Balembouche country walk 10km/6mi/4hr

We explore the south today, taking an uphill path past wild ginger and pineapples to the only freshwater lake on the island. We continue uphill past banana and cocoa trees to an atmospheric overgrown homestead lying next to abandoned cocoa drying sheds. We return on country tracks via an ancient sugar mill to lovely Balembouche homestead on the coast, where we enjoy cold drinks on the wrap-around veranda, before returning for dinner.

Day 3 Grand Piton 5km/3mi/5hr

Grand Piton is the definitive St Lucia hike. We take our time ascending the challenging trail under sugar apple and avocado trees, passing caves where escaped slaves made camp. After being rewarded with fantastic views from the top and enjoying a picnic, its back down to the hotel where two panoramic swimming pools await.

Day 4 Millet Bird Sanctuary Trail 5km/3mi/3hr

Following a drive along the west coast, our walk takes us along the Millet Bird Sanctuary Trail, a haven for bird life with 30+ species, including the endemic St Lucia Black Finch, Parrot, Warbler, Oreole and Pewee. The trail also provides a breathtaking view of the John Compton Dam, the largest in the Eastern Caribbean. After lunch, we continue to our second hotel, the Auberge Seraphine.

Day 5 Free day

Lots of choice for your free day today in Castries. Perhaps start with a visit to the local market - full of local character - then perhaps a spot of duty free shopping in the famous tax-free center at Pointe Seraphine. Spend the afternoon on the beach, or alternatively, just laze by the fabulous pool and soak up the stunning Caribbean views.

Day 6 Mamiku Gardens Trail 7km/4mi/3hr

We follow a trail through the Mamiku Plantation, stopping off as we fancy to snack on coconuts fresh from the trees! Our gentle ascent through bamboo and sugar cane is rewarded with fabulous views out across Praslin Bay. After lunch we descend to the ruins of a small fort where Sir John Moore commanded British soldiers in C18.

Day 7 Turtle Beach 15km/9mi/5hr

We begin with views of Sorcerer's Mountain and the Mabouya Valley as we descend steeply through an iguana sanctuary past bananas, bamboo and breadfruit trees to the crashing azure Atlantic surf at Grand Anse beach. After a picnic under the palms we walk through a series of steep sided valleys spotting orange and black St Lucia oreoles. We return to the hotel from here in time for a swim before dinner.

Day 8 Leave St. Lucia

Spend the morning at leisure before we take you back to the airport for the flight home - extra nights possible, just call for details.



"Another successful holiday - different from the mainstream, well organized and good value."

Mrs Mathias

Dates and Prices

Departs selected dates	Tour Only
2012 departures	
Jan 15, Mar 4	\$3,304
Feb 12, Mar 25	\$3,067
Dec 9	\$3,284
2013 departures	
Jan 13, Mar 24	\$3,198
Feb 17	\$3,374

Singles: Add \$125 per night for sole occupancy of a double room.
Child: This holiday is unsuitable for children under 12.
Room upgrade: Prices from \$23 per person, per night, based on 2 sharing.
Holiday type: Guided walking, twin center, groups of typically 6-10 people on each tour.
Departs: Selected dates from Jan 15 2012 to Mar 24 2013.
Duration: 8 days (7 nights).
Meals: Continental breakfast, 5 picnics and all evening meals.
Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: St Lucia Hewanorra Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.
The above prices include our standard transfers: St Lucia Hewanorra Airport at 14:40, (transfer to hotel, 50 mins, provided).
Return: St Lucia Hewanorra Airport by 18:20 (transfer provided).
Tour only: Transfers included from St Lucia Hewanorra airport at 14:40, and back to St Lucia Hewanorra airport departing hotel at 17:00.

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SECRETS OF ST LUCIA | WHERE YOU STAY



La Haut Plantation
Soufrière



Auberge Seraphine
Castries

Days 1+2+3
Days 4+5+6+7

For extra nights we recommend both of the above hotels.

SECRETS OF ST LUCIA | WALKING DETAILS



Walkers should be confident and comparatively fit. All trails are well cut - the Grand Piton walk is stepped, fairly steep and challenging in places. Walking boots are essential.



Average daytime temperature (°C):

27 28 28 28 29 28 27
JAN FEB MAR APR MAY NOV DEC



Average monthly rainfall (mm):

100 80 80 80 150 200 140
JAN FEB MAR APR MAY NOV DEC

Further details at www.breakaway-adventures.com