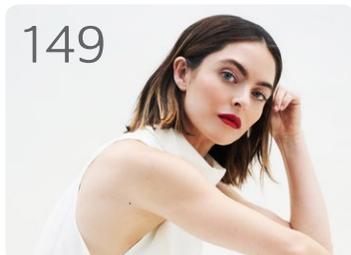


MIAMI LIVING

The Best of South Florida

LA LA ANTHONY





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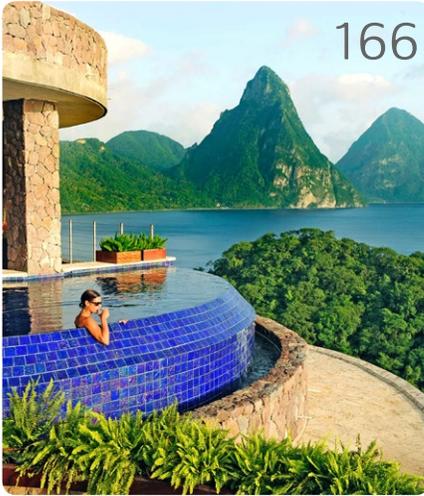
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SAINT LUCIA

A DREAMWORLD OF RAINFORESTS,
VOLCANOES, WATERFALLS,
AND THE CARIBBEAN COAST

WORDS BY ADRIANA GARUOLIS & MARKIN ABRAS



The geographically and culturally-rich country of Saint Lucia is a small island nation located in the southern region of the eastern Caribbean chain of islands, just a three-and-a-half-hour direct flight from Miami. American Airlines offers daily nonstop flight from Miami to Saint Lucia's Hewanorra International Airport.

THE SETTING

Blessed by nature and recognized as being a singular destination for romantic getaways, Saint Lucia has 238 square miles of rainforest-covered land and 98 miles of turquoise-watered coastlines: all in all, a stunning visual paradise that stirs the soul. Its notable topography (it is more mountainous than most Caribbean islands) and diverse natural landscapes offer unique experiences for everyone.

Explore tropical rainforests, a myriad of magnificent beaches, fishing villages, abandoned sugar plantations, coral reef diving and snorkeling spots, jungle biking and hiking trails, as well as numerous renowned tourist sites.

Infinity pool at Jade Mountain Resort



CULTURE

In addition to its resplendent natural beauty, Saint Lucia has a celebrated gastronomical scene that includes rum-making, locally-brewed beers, a growing production of organic cacao and chocolates, and world-class Caribbean cuisine characterized by dishes harvested from the sea and farm-to-table, locally-grown produce. Saint Lucian food is a delectable fusion of East Indian, British, and French cookery.

In line with its rich and vibrant cultural history, Saint Lucia holds several illustrious annual festivals proudly celebrating its roots. These include The Saint Lucia Jazz & Arts Festival, as well as two rival flower festivals: **La Woz** ("The Rose") and **La Magwit** ("The Marguerite"). Both sensational floral festivals are a spectacle of costumes and color prelude by Creole seances (consisting of all-night-long singing

and dancing) and leading to a day of Church-service marches, followed by a street parade, and, finally, "the grand fête": a great feast and party.

It is relevant to note and said around the island that part of Saint Lucia's cultural diversity is attributed to the French and British settlers who battled for island control for over 150 years. Both ruled the island 7 times each with the British colonizing it last in 1814. The island gained its sovereign independence in 1979.

The island is home to 178,000 warm and hospitable Lucians. English is the official language, although French Creole is also spoken throughout the island. The official currency is the Eastern Caribbean dollar (US\$1 = ECS2.70), but US dollars are readily accepted everywhere.



NOTABLE

The island has a prominent pair of volcanic spired peaks named **The Pitons**; they are an UNESCO world heritage site. At 2,400 feet, the Pitons are towering and breathtaking from every viewing point, and they are fronted by a marine reserve teeming with coral reef. **The Sulphur Springs Park** features the world's only "drive-in volcano" where visitors can holistically delight in

warm sulphuric pools and volcanic mud baths. **The Saint Lucia Botanical Gardens and Diamond Falls** feature 6 acres of tropical gardens, a 17-meter high waterfall (considered to be the most colorful waterfall in the Caribbean due to its rich mineral composition), and healing mineral hot spring baths originally constructed for the French troops of King Louis the XVI in the 18th century.



ACCOMMODATIONS

A boutique luxury resort, Calabash Cove counts on 3 categories of rooms for an intimate total of 26 rooms, each infused with old Caribbean charm. The water's-edge cottages are made from Balinese mahogany and feature their own private verandah and plunge pool, outdoor rain shower, super-size jacuzzi, hammocks, and unparalleled vistas of Bonaire Bay. The swim-up junior suites are directly connected to the Sweetwaters infinity pool;

they feature indoor rain showers, a jacuzzi, and stunning oceanfront views. The sunset ocean-view junior suites feature impressive vistas, a private patio, jacuzzi, and indoor rain shower. All in all, Calabash Cove does an excellent job of enticing its guests to stay on property for their entire stay --it's a true island getaway that will recharge, renew, and reignite body, heart, and soul.



MARIGOT BAY RESORT AND MARINA

Marigot Bay Resort & Marina, Marigot Bay, St. Lucia
www.marigotbayresort.com
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OVERVIEW

The award-winning Marigot Bay Resort and Marina is another one of Saint Lucia's prized, secluded locations, a hidden gem and private luxurious getaway for both romantic couples and vacationing families alike. The Marigot Bay Resort and Marina is a sheltered bay located within a 30-

acre property that is supremely lush and encircled by a serene turquoise sea. A charming two-minute free water taxi ride away lies the LaBas Beach, a blissfully quiet and picturesque small stretch of white-sand beach lined with exotic coconut palm trees and clear calm waters to wade in.



ACCOMMODATIONS

This five-star resort provides its visitors with a luxurious yet laid-back atmosphere, characterized by supreme and thoughtful personalized service in every aspect of its hospitality offerings. The hotel features 4 restaurants, a rum cave, a swim-up bar, two outdoor pools (one for adults only), a holistic spa, a world-class premiere marina, and a plethora of signature resort activities and classes (such as rum tasting, body scrub making, and Saint Lucian cacao tea making). Its unique concave-shaped campus is lined with multi-level townhouse buildings featuring 124 rooms and suites, most with spectacular views of Marigot Bay.

