



St Lucia

POP 165,595 / 📞 758

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Best Places to Eat

- ➔ Rainforest Hideaway (p695)
- ➔ La Terrasse (p691)
- ➔ Spice of India (p691)
- ➔ Orlando's (p699)
- ➔ Reef Cafe (p701)
- ➔ Boucan (p699)

Best Places to Sleep

- ➔ East Winds Inn (p690)
- ➔ Boucan (p698)
- ➔ Cap Maison (p693)
- ➔ Fond Doux Holiday Plantation (p698)
- ➔ Balenbouche Estate (p700)
- ➔ Bay Guesthouse (p690)

Why Go?

Blessed by nature, St Lucia has geographic and cultural riches enough to embarrass far bigger nations. Notwithstanding, it remains a down-to-earth place that wears its breathtaking beauty with nonchalance.

Noted for its oodles of small and luxurious resorts that drip color and flair, it is really two islands in one. Rodney Bay in the north offers lazy days and modern comforts amid a beautiful bay. In the south, Soufrière is at the heart of a gorgeous region of old plantations, hidden beaches and the geologic wonder of the impossibly photogenic Pitons.

When to Go

Dec-Mar As with most Caribbean destinations the winter season is the most popular time to visit St Lucia. The very unwintry weather brings the crowds and jacks up the prices, especially during the driest period from December to March. Winter weather is sublime with average temperatures around 81°F (27°C).

July Summer is quiet and hot, with the July temperatures averaging 85°F (29°C).

Jun-Oct Hurricane season – expect more rain this time of year and maybe the odd storm.



St Lucia Highlights

- 1 Soufrière** (p695) Hunting heritage among the colonial buildings of grand estates.
- 2 Anse Chastanet** (p696) Snorkeling or diving in the fish-filled waters.
- 3 Sugar Beach** (p696) Sipping a cocktail on one of the Caribbean's most dramatic stretches of sand.
- 4 Sandy Beach** (p700) Gliding across the brilliant blue waters after kiteboarding.
- 5 Gros Piton** (p697) Huffing and puffing up the steep trail for astounding views.
- 6 Eastern St Lucia** (p693) Taking a drive through the fishing villages to hidden waterfalls and lush gardens.
- 7 Gros Islet** (p689) Dancing the night away in the middle of the street at Gros Islet's famous Friday-night bash.
- 8 Pigeon Island** (p692) Unpacking a picnic lunch on the beach beneath wonderful ruins.
- 9 Tet Paul Nature Trail** (p697) Enjoying a gentle hike through gorgeous landscapes.