



No Stress Nomads

A LIFESTYLE OF TRAVEL, FOOD, & DRINK.

≡ Menu

November 25, 2019 by Jefferson Vinall

Saint Lucia



the majestic Pitons

The Caribbean island of Saint Lucia is one of the most beautiful places on the planet. It has amazing beaches, jungle parks, volcanic mud baths, and fun people. The motto of the island is, "No pressure, no problem," and it shows in the laid back, stress free mentality of its inhabitants.

The island is part of the Lesser Antilles, located north of St. Vincent and south of Martinique. It is 27 miles long and 14 miles wide.

Saint Lucia gained independence in 1979, but chose to remain part of the British Commonwealth. It has a population of just over 165,000.

The average daily high temperature is 30°C, with an average daily low of 24°C.

English is spoken on the island, though you will hear some locals speak Kwéyòl, which is a dialect of Creole French.

Getting to Saint Lucia

Saint Lucia's Hewanorra International Airport (UVF) is well-served by numerous airlines, with plenty of direct flights from Canada, USA, Europe, and the Eastern Caribbean.

Ferry service to the island is also available from Martinique, Guadeloupe, and Dominica.

Getting around the island


To get from place to place on Saint Lucia, there are several taxi services, mini-buses, and vehicle rental services. Official taxis will have a light blue license plate with the prefix TX. Taxi fares vary for a number of reasons, so be sure to determine the fare in advance.

Driving is on the left side, on Saint Lucia. A temporary driving permit (\$60 ECs/\$22 USD) is required if you wish to rent a vehicle or scooter, and can be obtained at the airport, police station, or from the rental agency.

Money in Saint Lucia

The official currency of Saint Lucia is the East Caribbean Dollar (XCD), often called EC (ee-see). Many tours are priced in USD, and accept that currency.

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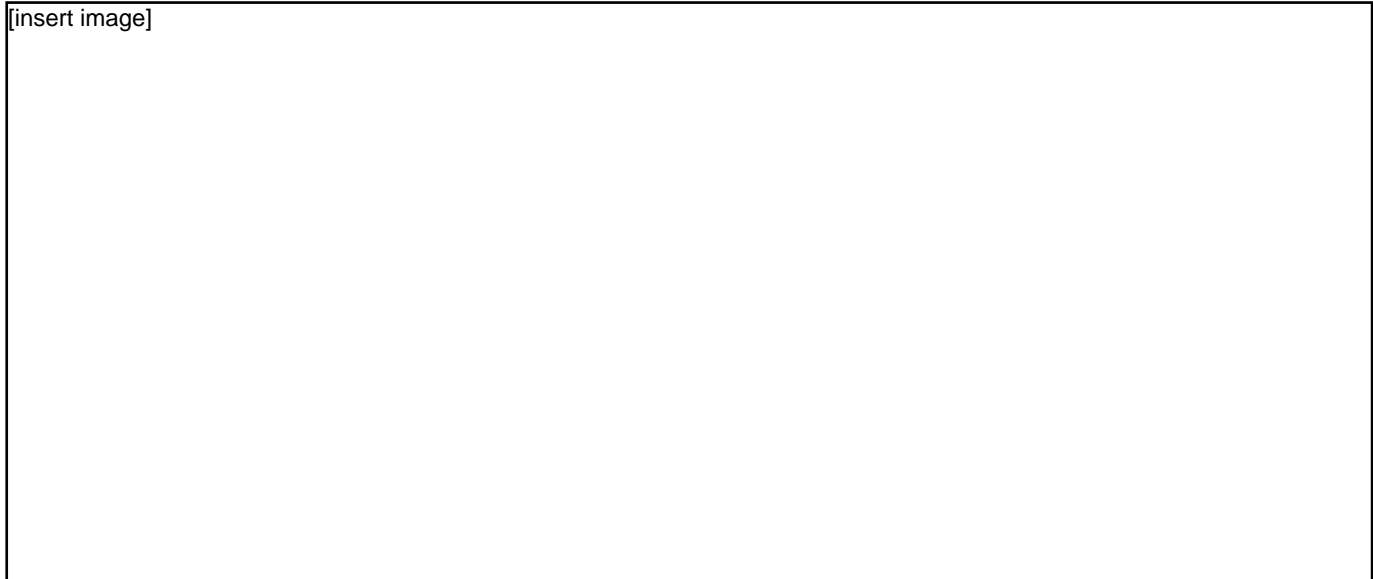
At the time of writing this post, the conversion rates were: were: 1 USD = 2.70 XCD; 1 CAD = 2.02 XCD; and 1 EUR = 3.01 XCD.

Accommodations on Saint Lucia



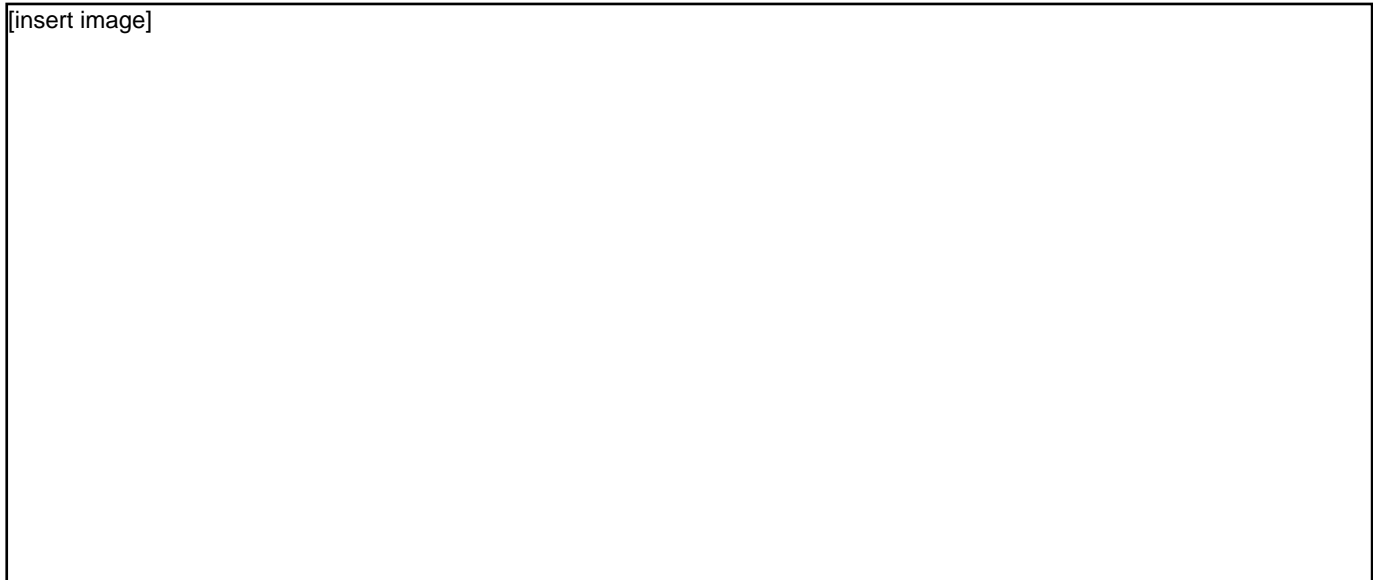
Saint Lucia is a popular tourist destination, so it has numerous hotels, guest houses, vacation apartments, and luxury resorts.

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For our stay, we booked into the all-inclusive resort of Sandals Regency La Toc, in Castries (the capital). Sandals has three resorts on the islands, and offer a “stay at one, play at three” feature which is a fantastic way to take in the amenities of all three resorts. They also offer a shuttle between the three resorts.

[insert image]



pool and ocean at Sandals Regency La Toc

Other all-inclusive vacation resorts include: Coconut Bay Beach Resort and Spa (Vieux Fort), Royalton Saint Lucia Resort & Spa (Gros Islet), St. James’s Club Morgan Bay (Castries), Starfish St Lucia (Rodney Bay), and some others.

Things to do

There is so much to do on Saint Lucia that listing everything gets confusing. Here is an abbreviated list:

Festivals & Events

- Nobel Laureate Week (January)
- Independence Day (February 22)
- Jazz Festival (10 days in early May)
- Fishermen's Feast (last Sunday in June)
- Carnival (June-July)
- Mercury Fest (mid-late July)
- La Rose Flower Festival (August)
- Roots and Soul Festival (August)
- Dive Fest (early-mid September)
- Food & Rum Festival (September)
- La Marguerite Flower Festival (mid-October)
- International Creole Day (October 28)
- Bill Fish Tournament (end of October)
- Regatta (end of November/early December)
- Festival of Light/National Day (early-mid December)
- Caribbean Equine Cultural Festival (mid-December)
- Christmas (December 25), and
- New Year's Eve (December 31).

The Pitons

The two volcanic mountains that are symbolic of the island. You can hike around the Pitons, or you can sail in and view their majesty from the sea. Gros Piton and Petite Piton are names of the two spires. The Pitons have been designated as a World Heritage Site.

Soufrière

Explore the town, pick up a few souvenirs, eat a great lunch at a local restaurant. The town was the original capital when held by the French.



[insert image]

Soufrière, and the Pitons

Diamond Falls Botanical Gardens

Take a nature walk in these beautiful botanical gardens.

[insert image]

Diamond Falls Botanical Garden

Pigeon Island

Once a separate island, a causeway has been built to facilitate ease of access. 16th century French pirates used the island to ambush Spanish trade ships. Later, the British built a fort there to guard against the French.

The ruins of Fort Rodney

From 1779 until 1861, the fort offered a strategic view of the west, and guarded the bay.

History, Culture, and Art

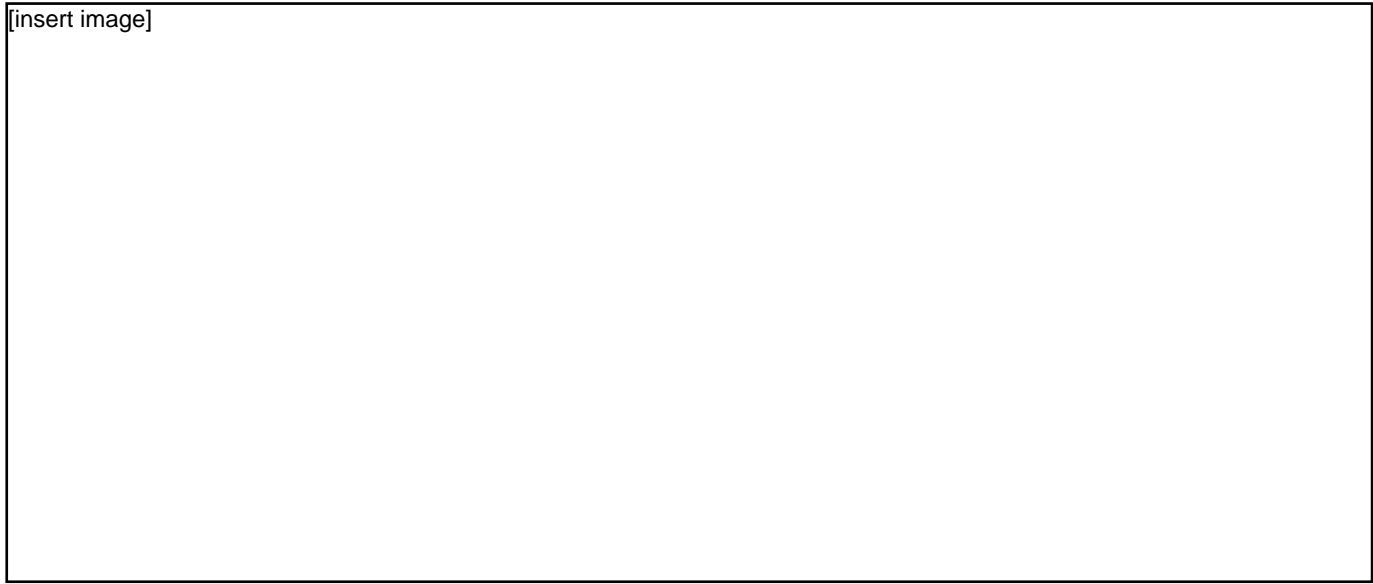
Learn about the pre-colonial, colonial, and modern history of Saint Lucia at various national landmarks and museums. The island has Carib, French, British, African, and Dutch cultural influences. Also, see some island art at the many art galleries.

Of note, and in no particular order, visit: the Pigeon Island Museum and Interpretive Centre (colonial history), Choiseul Art Gallery (paintings & hand-crafts), La Toc Battery Fort (military history), Immaculate Conception Church (religion & frescoes), Eudovic's Art Studio (wood sculptures), Derek Walcott Square (park & town square), Zaka Art Cafe (paintings & food), Morne Fortune Historic Area (military history), and St. Lucia National Trust Museum (island history).

Beaches

Saint Lucia has many beautiful beaches to choose from. Though technically all beaches are public, some require accessing a resort to get to the beach. This can usually be done without charge, but may require a longer than expected walk.

[insert image]



the beach at Sandals Regency La Toc

Vieux Fort

Explore the old town on the southern tip of the island. It is the island's second largest town, named after the fort that guarded the southern approach.

Diving & Snorkeling

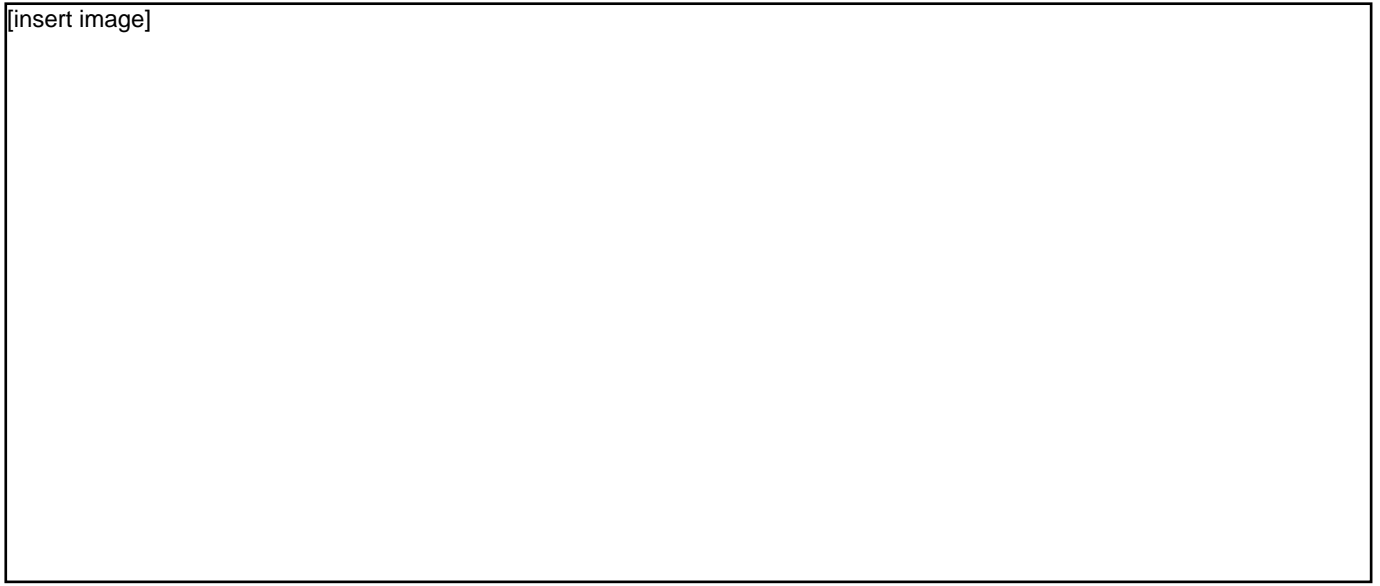


Saint Lucia boasts over 22 dive sites, which offer world-class dive experiences. Snorkeling these turquoise waters is great fun too.

Island Cruises

Take a fun cruise and view the island from the sea. Add a party to the mix, for extra fun.

[insert image]



drinks, dancing, and fun on a catamaran party
cruise

Zip Lines

There are two zip line operators to choose from. Treetop Adventure Park, in Dennery, offers twelve lines for four hours of fun. Meanwhile, Morne Coubaril Estate, in Soufriere, provides eight lines and a view of the Pitons during an hour of excitement.

ATV Tours

There are three tour providers to choose from. So you can cruise around, sightseeing while learning some island history.

The Rain Forest Sky Ride

An open-air gondola ride 100 feet above the jungle floor.



[insert image]

the view from the aerial tram

Jungle Biking

Head to Anse Mamin Plantation to explore its 300 acre trail network.

Nature Trails

Saint Lucia has an abundance of trails to explore the wonder and beauty of the rainforest.

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on a nature trail

Distillery Tour

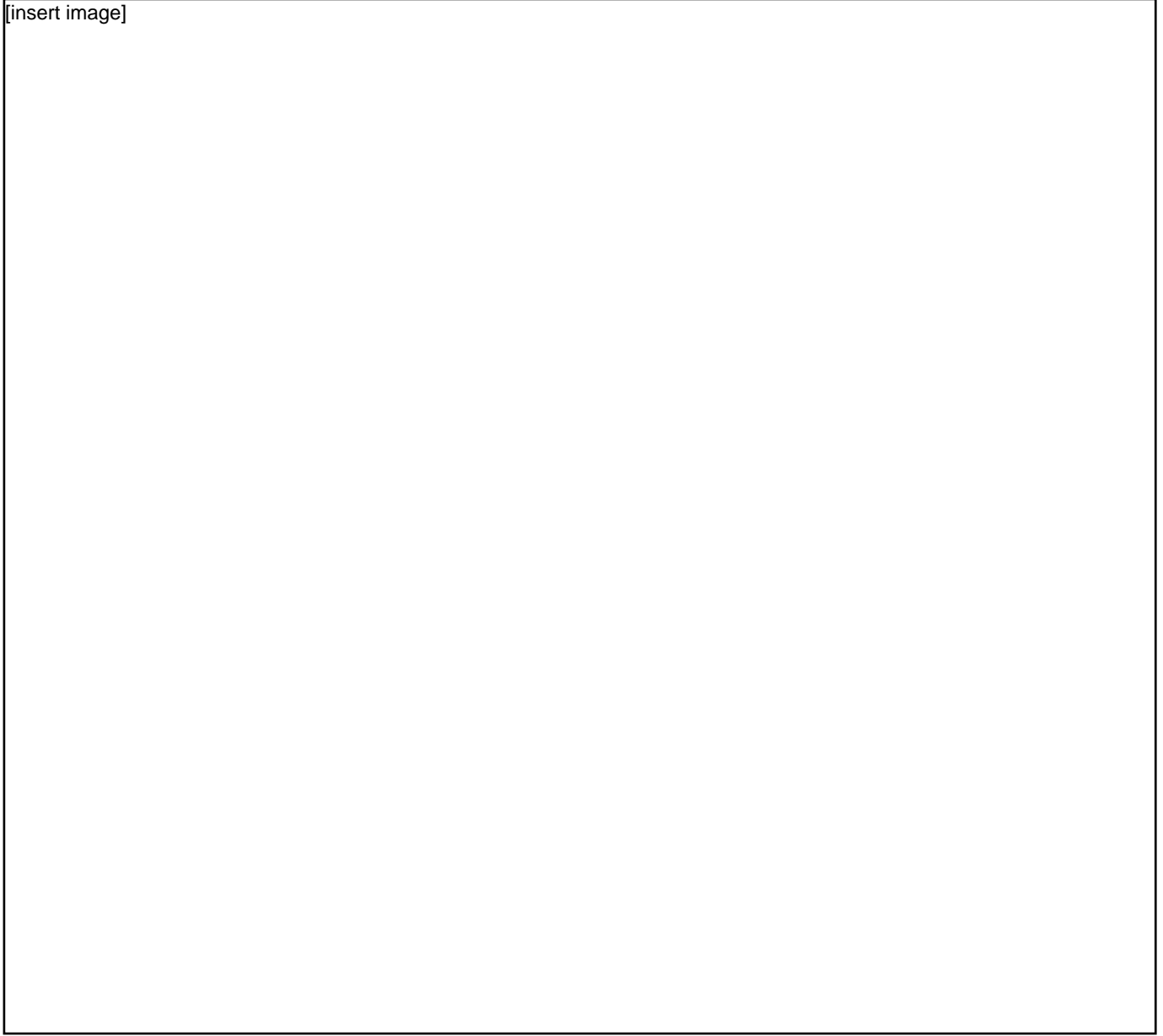
A guided country tour that explains nature, local cuisine, and the island's only distillery.

Sports



Sports on Saint Lucia exists at varying levels from professional to recreational. Popular choices include football (soccer), cricket, rugby, golf, tennis, track & field, basketball, volleyball, and swimming.

[insert image]



Jefferson serving up some fun in beach volleyball

Make New Friends

People in Saint Lucia take pride in having fun. New friendships can be made on tours, at sporting events, on the beach, at a bar, ar church, or wherever there are people.



[insert image]

fun times, fun people

Heli-Tours

For an awesome view of the island, try a helicopter tour with [St. Lucia Helicopters](#). The heli-tours are \$231 USD per person and last about 30 minutes.

Watersports

Hobie Cats, kayaking, windsurfing, and kitesurfing are all fun options.

[insert image]

Hobie Cats for rent


That's a lot to keep you busy!

Our Opinion



We had such a wonderful trip to Saint Lucia. It's a place we would gladly visit again. For us, it was the perfect place for a romantic vacation. It's fun, there is lots to do, and there's a laid-back feel to the island and its people.

[insert image]



Cheers! From 2 Happy Nomads

Similar Destinations

If you are looking for information about other Caribbean destinations, similar to Saint Lucia, but also different, then try reading one of our posts about [Bequia](#), [Union Island](#), or [Carriacou](#).

