

NATURAL WONDERS OF



# Saint Lucia

8 MUST-SEE ATTRACTIONS



*East Winds*

SAINT LUCIA

**EASTWINDS.COM**



# 1. NATIONAL RAIN FOREST

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According to UN FAO, about 77% of Saint Lucia is forested. 25% of this is classified as being **primary forest**, which is the most biodiverse and carbon-dense classification of forest in the world.

Travelers can enjoy the natural beauty of the Saint Lucian rain forest with a variety of activities, including horseback riding, ATV tours, aerial tram tours, ziplining, jungle tours and more.



## 2. PITONS

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**Gros Piton and Petit Piton are Saint Lucia's two volcanic spires that stand at 798m and 743m, respectively.**

These awe-inspiring natural wonders are a UNESCO World Heritage Site because of their exceptional natural beauty.

Ambitious travelers can climb to the top of the pitons without ropes or mountaineering equipment. Here you will be rewarded with the best views of the island.

They are located on the southwest corner near a town called Soufrière. It's not the easiest climb but is definitely worth it. You can hike up and down in several hours.



## 3. SULPHUR SPRINGS

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**The sulphur springs are a magnificent natural phenomenon that attracts approximately 200,000 travelers each year.**

The springs were formed after a weak spot in the Earth's crust collapsed more than 300,000 years ago, creating a large deposit of copper, iron oxide and other materials while billowing sulphur through the cracks.

The water at the center of the springs boils at 212°F (100°C), creating plumes of steam.



## 4. HIKING PIGEON ISLAND

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**Pigeon Island is a 44-acre island that offers travelers a memorable hike and stunning views of the greater island.**

Interetsingly, as of 1972, a man-made causeway was built to attach Pigeon Island to the mainland to allow for easier access.

It's an important Saint Lucian landmark that contains a rich history of the country's last.



## 5. MOUNT GIMIE

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**Mount Gimie is Saint Lucia's tallest mountain and is located somewhat centrally in the southwest quadrant of the island.**

It stands at 950m tall and is covered with lush tropical rainforest. It is estimated to have been formed between 200,000-300,000 years ago and is an active volcano.



## 6. SNORKELING

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**There is no bad time to go snorkeling in Saint Lucia because of the consistent tropical climate. However, December-May are when you will likely have the best underwater visibility because that's when you will experience the lowest levels of rainfall.**

Saint Lucia has a northeast trade wind, which means the wind generally blows from the northeast. This means that the west side of Saint Lucia tends to provide better snorkeling conditions as they are protected from the wind.

Saint Lucia's water temperatures range between 79-84°F (26-29°C), which means there is no need for a wetsuit. UV protection is recommended, though!



## 7. WATERFALLS

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**Saint Lucia's mountainous terrain has produced a variety of picturesque waterfalls that make for great hiking destinations.**

Diamond Falls, located near Soufriere, is amongst the beautiful botanical gardens and dense rainforest. This is Saint Lucia's most well-known and frequently visited falls.

But there are a number of other waterfalls worth visiting. Such as the Toraille Waterfall that is popular amongst locals and located next to relaxing mud baths.

Or the Superman Waterfall, which is one of the most Instagram-worthy falls and can be reached with a beautiful hike .





## 8. WILDLIFE

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**Saint Lucia's warm climate and mountainous terrain allow the island to host a variety of terrestrial and aquatic habitats. This is what allows more than 160 bird species and 250 fish species.**

There are at least 13 known endemic wildlife species on and around the island. Meaning, animals that are only known to exist in Saint Lucia.

Travelers also have an opportunity to experience some of the world's best dolphin and whale watching, among many other wildlife activities.



# WHO ARE WE?

## WE ARE SAINT LUCIA'S BEST KEPT SECRET

East Winds Resort is a private all-inclusive experience that provides a peaceful escape from the hustle and bustle. Our guests wake up steps away from Saint Lucia's most beautiful private beach, tucked away amongst lush plants, trees, and a kaleidoscope of colorful bird life.

Our Caribbean hideaway features 26 cottage style suites and an Ocean front beach house. Our purpose is to provide personalized care, exclusive adventures and truly all-inclusive service for travelers wanting to get the most out of Saint Lucia.



Take a peek at our website to learn more about our relaxing resort experience.

Regards,

*Judith Milne*