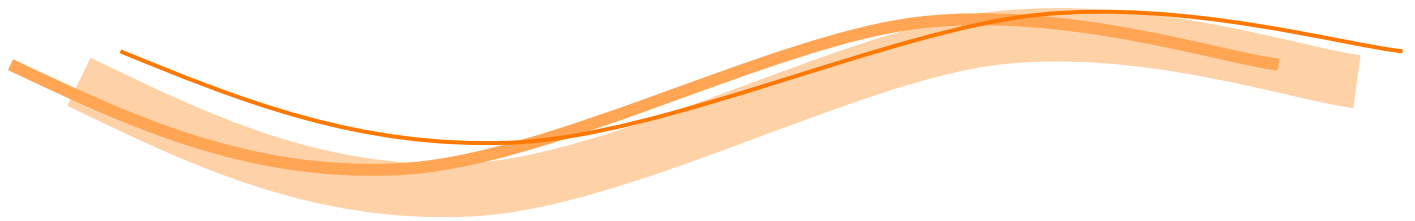




COCONUT BAY RESORT ST. LUCIA & TRANSAT





ST. LUCIA	The “Helen of the West Indies,” St. Lucia is known for its natural beauty and diverse attractions, including the signature Piton Mountains, a tropical rainforest and one of the world’s few drive-in volcanoes.
Location	One of the Windward Islands of the West Indies’ Lesser Antilles, it is nestled halfway down the eastern Caribbean archipelago between Martinique and St Vincent.
Geography	The island is mango-shaped 22 x 43 kms and 623 sq kms; the Atlantic Ocean is to the east, the Caribbean to the west. It is more mountainous than many other Caribbean islands, with the highest point being Mount Gimie, at 950 metres above sea level. Two other mountains, the Pitons, form the island's most famous landmark. They are located between Soufrière and Choiseul on the western side of the island. Saint Lucia is also one of the few islands in the world that boasts a drive-in volcano.
Name	It was named after Saint Lucy of Syracuse by the French, the first European colonizers.
Population	Approx 174,000 in 2010
Language	English is the official tongue, but islanders often speak a French-Creole patois similar to that heard on Martinique.
Currency	One Canadian Dollar currently equals 2.74 Eastern Caribbean Dollars (as at 18 Feb 2011). Nearly all hotels, restaurants and shops also accept US Dollars, so you need to be clear which currency the price relates to.
Tipping	Most hotels and restaurants add a 10% service charge (ask if it's been included in the initial hotel rate you're quoted). If you're pleased with the service in a restaurant, by all means, supplement with an extra 5%. Taxi drivers expect 10% of the fare.
Government	As a Commonwealth Realm, Saint Lucia recognizes Queen Elizabeth II as the Head of State of Saint Lucia, represented on the island by a Governor-General. Executive power, however, is in the hands of the prime minister and his cabinet. The prime minister is normally the head of the party winning the elections for the House of Assembly, which has 17 seats. The other chamber of Parliament, the Senate, has 11 appointed members.
Documentation	Passport for Canadians, plus return ticket. There is a \$26US Departure Tax applicable to everyone 12 years of age and over. (as at Feb 2011)
Time zone	One hour ahead of EST
Health	St. Lucia has a modern water systems; there are five hospitals
Safety tips	Security is not generally a problem on the island, but normal safety precautions are advised.

CLIMATE	
General climate	This little island, lying in the path of the trade winds, has year-round

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	temperatures of 21°C - 32°C.
Today's weather	28 degrees Centigrade, sunny with a few clouds (19 Feb 2011)
Best time to visit	Winter is the obvious time to escape the cold in Canada, but this is truly a year round destination with a very equitable climate

GETTING THERE	
Flying time	5 hours from Toronto There is a Departure Tax of US \$26 for all international passengers over 12 years old which must be paid when leaving the Island.
Cities	<p>Castries The capital city of 65,000 people has grown up around its harbour, which occupies the crater of an extinct volcano. Charter captains and the yachting set drift in here, and large cruise ship wharves welcome vessels from around the world. Because several devastating fires (most recently in 1948) destroyed almost all the old buildings, the town today looks new, with glass-and-concrete (or steel) buildings rather than the French colonial or Victorian look typical of many West Indian capitals.</p> <p>Castries may be architecturally dull, but its public market is one of the most fascinating in the West Indies, and a favorite people-watching site on the island. It goes full blast every day of the week except Sunday and is most active on Friday and Saturday mornings. The market stalls are a block from Columbus Square along Peynier Street, running down toward the water. The local women dress traditionally, with cotton head-dresses; the number of knotted points on top reveals their marital status. (Ask one of the locals to explain it to you.) The luscious fruits and vegetables of St. Lucia may be new to you; the array of colors alone is astonishing. Sample one of the numerous varieties of bananas: on St. Lucia, they're allowed to ripen on the tree, and taste completely different from those picked green and sold at supermarkets in the United States. You can also pick up St. Lucian handicrafts such as baskets and unglazed pottery here.</p> <p>One of the highlights of Castries is Derek Walcott Square, a dignified and verdant rectangle that's bordered with, among others, the public library and the island's most visible Catholic church, the Cathedral. Derek Walcott, born in St. Lucia in 1930, won a Nobel Prize for literature. A few steps away is a plaque commemorating another island-born luminary, Sir William Arthur Lewis (1915-79), winner of a Nobel Prize for economics, whose face appears on some of the nation's EC\$100 bills. Both of the commemorative plaques are virtually within the shadow of a 500-year-old "Simontree," (a local name for a local species), which anyone in the park will happily point out as proof of the fertility of the island's soil and climate.</p>

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One of the most important French-built religious buildings in the West Indies is the Cathedral, immediately to the edge of the park. Built during the 19th century of wrought iron, cast iron, and stone under the supervision of several generations of hard-working, long-suffering priests, it's covered with an almost surreal mélange of French Catholic and West Indian iconography.

To the south of Castries looms Morne Fortune, the inappropriately named "Hill of Good Luck." In the 18th century, some of the most savage Caribbean battles between the French and the British took place here. You can visit the military cemetery, a small museum, the old powder magazine, and the Four Apostles Battery (a quartet of grim muzzle-loading cannons). Government House, now the official residence of the governor-general of St. Lucia, is one of the few examples of Victorian architecture that escaped destruction by fire. The private gardens are beautifully planted, aflame with scarlet and purple bougainvillea. Morne Fortune also offers what many consider the most scenic lookout perch in the Caribbean. The view of the harbor of Castries is panoramic: You can see north to Pigeon Island or south to the Pitons; on a clear day, you may even spot Martinique. To reach Morne Fortune, head east on Bridge Street.

Soufrière

This little fishing port, St. Lucia's second-largest settlement, is dominated by two pointed hills called Petit Piton and Gros Piton. The Pitons, two volcanic cones rising to 738m and 696m (2,421 ft. and 2,283 ft.), have become the very symbol of St. Lucia. Formed of lava and rock, and once actively volcanic, they are now covered in green vegetation. Their sheer rise from the sea makes them a landmark visible for miles around, and waves crash at their bases. It's recommended that you attempt to climb only Gros Piton, but doing so requires the permission of the Forest and Lands Department (tel. 758/450-2078) and the company of a knowledgeable guide.

Near Soufrière lies the famous "drive-in" volcano, Mount Soufrière, a rocky lunar landscape of bubbling mud and craters seething with sulfur. You literally drive your car along a winding, forested road into a millions-of-years-old crater. From the parking lot, you'll walk uphill, along a closely monitored trail peppered with park rangers and, from observation platforms, get a view in the near distance of bubbling sulphur springs and pools of hissing steam. The most visible of these is Gabriel's Pool, which was named in honor of a 1960s-era St. Lucian tour guide, Gabriel, whose weight collapsed the chalky surface of the

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	<p>congealed mud close to the hot springs. Ever since then, one of the pools has borne his name, and ever since, visitors are strictly prohibited from getting too close to the steamy depths. Entrance to the crater and the vicinity of the pools costs \$2.60 per person and includes the services of your guide, who will point out the blackened waters, among the few of their kind in the Caribbean. Hours are daily from 9am to 5pm; for more information, call tel. 758/459-7200.</p> <p>Nearby are the Diamond Mineral Baths (tel. 758/452-4759; www.diamondstlucia.com) in the Diamond Botanical Gardens. Deep in the lush tropical gardens is the Diamond Waterfall, one of the geological attractions of the island. Created from water bubbling up from sulfur springs, the waterfall changes colors (from yellow to black to green to grey) several times a day. The baths were constructed in 1784 on the orders of Louis XVI, whose doctors told him these waters were similar in mineral content to the waters at Aix-les-Bains; they were intended to provide recuperative effects for French soldiers fighting in the West Indies. The baths have an average temperature of 41°C. For \$5.60, you can bathe and try out the recuperative effects for yourself. There is a \$4.10 entrance fee, and hours are daily 10am to 5pm.</p> <p>From Soufrière in the southwest, the road winds toward Fond St-Jacques, where you'll have a good view of mountains and villages as you cut through St. Lucia's Cape Moule-Chique tropical rainforest. You'll also see the Barre de l'Isle divide.</p>
Airports	<p>The island maintains two separate airports, whose different locations cause endless confusion to many newcomers. Most international long-distance flights land at Hewanorra International Airport (tel. 758/454-6355) in the south, 72km from Castries. If you arrive here and you're booked into a hotel in the north, you'll spend about an hour and a half traveling along the potholed East Coast Highway. Many hotels arrange transfers to and from the airport, but if not, taxis are available; the average fare is US\$65 for up to four passengers. Many visitors now prefer to take helicopter flights from Hewanorra International Airport to their resorts rather than endure the long car ride. St. Lucia Helicopters (tel. 758/453-6950; www.stluciahelicopters.com) offers flights between Castries and Hewanorra Airport or Soufrière, costing US\$120 per person one-way.</p> <p>The Coconut Bay Beach Resort avoids the long transfer by being close to the airport in the south of the island.</p>
Ferries	<p>You can catch a ferry to Martinique (1.5hrs), Dominica, and Guadeloupe</p>
Taxis	<p>Since driving St. Lucia's unmarked, bad roads is rather difficult, a taxi is recommended for all but the most adventurous. Taxis are ubiquitous and most drivers are eager to please. The drivers have special training</p>

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	that allows them to serve as guides. Their cabs are unmetered, but the government fixes tariffs for all standard trips. From Castries, the fare to Marigot Bay should be \$25 to \$30; to Rodney Bay, the fare is \$18 to \$20. Always ask if the driver is quoting a rate in U.S. dollars or Eastern Caribbean dollars (EC\$).
Car Rental	Drive on the left, and try to avoid some of the island's more obvious potholes. Drive carefully and honk your horn while going around the blind hairpin turns. You'll need a St. Lucia driver's license (US\$20), which you can purchase at either airport when you pick up your rental car.
Buses	Bus fares: Castries - North end of the island EC \$2.00, Castries - South end of the island (Vieux Fort) EC \$8.00.

ACCOMMODATION TYPES	St. Lucia's wide range of accommodations includes world-class, five-star resorts; all-inclusive resorts; intimate inns and value-oriented properties. Our featured resort is the Coconut Bay Beach Resort (see below for full details).
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TARGET GROUPS	
Kids	A family plantation visit to Mourné Coubaril works well for younger children, as does the water park beside the Coconut Bay Beach Resort.
Teens	A Rainforest Aerial Tram Adventure is the greatest scenic adventure on the island. Gondolas safely glide you through and over the treetops of this oceanic rainforest. Dense thickets of vegetation merge with cascades of flowers such as lavender stars, orange bursts, and white magnolias. Sixteen open-air gondolas seat up to eight passengers, with one guide each. The cost is \$72 for adults or \$62 for children 2 to 12. The ride is just one of several rainforest excursions offered by Rainforest Sky Rides, Rodney Heights, Gros Islet (tel. 758/458-5151).
Romance	St Lucia is regularly recognized as one of the most romantic spots on the planet!
Honeymoons & Weddings	<p>Honeymoons: St. Lucia has been voted the World's Best Honeymoon Destination at the World Travel Awards for the past 7 years. Quiet beaches, secluded resorts, botanical gardens, friendly people, soft-adventure activities and colorful reefs are just some of the reasons couples are attracted to this lush Caribbean oasis. And if you want to steam things up a bit on your honeymoon, take an excursion to a drive-in volcano as seen on, ABC's 'The Bachelor: On the Wings of Love', deep into to the hot mineral springs and cool off at the many waterfalls around the island.</p> <p>Weddings: Saint Lucia is the perfect destination for Weddings. Eager couples do not have to wait and can benefit from the island same day marriage policy. The uniqueness of the destination has made Saint</p>

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	<p>Lucia an ideal location for upcoming nuptials. Whether you prefer a ceremony on the beach, while cruising around the island with the Pitons at the backdrop or deep under water, if you can imagine it, in Saint Lucia it can be done.</p> <p>Here is a list of documents which are needed (to be mailed in advance for same day marriages):</p> <p>Passport Birth Certificate Decree Absolute (if one of the parties is divorced) In the case of a widow/widower a Death Certificate of first spouse is required If a name has been changed, a Deed Poll is required If one of the parties is under the age of 18, evidence of a consent of parents is required in the form of a sworn affidavit stamped by a Notary Public If any required documents are not in English, an authenticated translation must be available</p> <p>Residency: Saint Lucia has a No Residency Policy and clients arriving on the island for a day can be married within hours. The license fees are as follows: EC\$335 if clients are staying on island for 3 days or more EC\$540 for a Special License if you will be on island for less than 24 hours.</p> <p>Here are some wedding coordinator contacts: Awesome Caribbean Weddings: www.awesomecaribbeanweddings.com No frills Wedding Saint Lucia: www.nofrillswedding.com Barefoot Holidays, your Global Concierge: www.barefootholidays.com Dreamy Weddings & Tours: www.dreamyweddings.com Weddings in Saint Lucia: www.weddingsinstlucia.com Tropic Isle Weddings: www.tropicisleweddings.com</p>
<p>Seniors</p>	<p>Near Soufriere are the Diamond Mineral Baths (tel. 758/452-4759) in the Diamond Botanical Gardens. Deep in the lush tropical gardens is the Diamond Waterfall, one of the geological attractions of the island. Created from water bubbling up from sulfur springs, the waterfall changes colors (from yellow to black to green to gray) several times a day. The baths were constructed in 1784 on the orders of Louis XVI, whose doctors told him these waters were similar in mineral content to the waters at Aix-les-Bains; they were intended to provide recuperative effects for French soldiers fighting in the West Indies. The baths have an average temperature of 41°C. For EC\$15 (\$5.55), you can bathe and try out the recuperative effects for yourself.</p>

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UNIQUES	The island nation has been the home of two Nobel laureates , Arthur Lewis and Derek Walcott. It is the nation with the second most such honorees per capita after the Faroe Islands.
Surprising	Near Soufrière lies the famous "drive-in" volcano, Mount Soufrière , a rocky lunar landscape of bubbling mud and craters seething with sulphur. You literally drive your car into a millions-of-years-old crater and walk between the sulphur springs and pools of hissing steam. Entrance costs EC\$7 (\$2.60) per person and includes the services of your guide, who will point out the blackened waters, among the few of their kind in the Caribbean
History	From 200AD the Arawak Indians were on the island; 800AD: Carib Indians; 1499/1502/1504: Columbus and Juan de la Cossa; 1550 Jambe de Bois (Wooden Leg) buccaneer based at Pigeon Island; 1600 Dutch: Vieux Fort; 1605: English en route to Guyana 67 colonists lasted one month, 19 fled by canoe; 1650 French; "Hold St Lucia and the rest may perish!"; changed hands 14 times; "Fair Helen of the West Indies"; 1778 Battle of Cul-de-Sac; 1814 British finally under the Treaty of Paris; 1979 independence
Books	Frommer's Caribbean 2011
1000 Places to see before you die	Anse Chastanet – near Soufriere, for its view of the Pitons
Must Sees	Morne Fortune also offers what many consider the most scenic lookout perch in the Caribbean. The view of the harbor of Castries is panoramic: you can see north to Pigeon Island or south to the Pitons; on a clear day, you may even spot Martinique.

SPORTS ACTIVITIES	Windsurfing: pick your coastline for adv, intermediate, beginners; Scuba, snorkeling: PADI instruction; Sailing – bareboat or skippered; Waterskiing and parasailing over Rodney Bay Also: tennis, squash Cricket: the season is March to August
Golf	St. Lucia has an 18-hole golf course (6,815 yd., par 71) at the St. Lucia's Golf and Country Club , Cap Estate, at the northern end of the island (tel. 758/450-8523). Greens fees are \$135 for 18 holes, \$95 for 9 holes; there are no caddies. Carts are included, and clubs can be rented for \$25. Hours are from 7am to 6pm daily, and reservations are needed
Fishing	The waters around St. Lucia are known for their game fish, including blue marlin, sailfish, mako sharks, and barracuda, with tuna and kingfish among the edible catches. Most hotels can arrange fishing expeditions.

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	<p>Call Mako Watersports (tel. 758/452-0412), which offers half-day fishing trips for \$360 (for four people) or full-day trips for \$720. Captain Mike's (tel. 758/452-7044) also conducts fishing trips, renting boats by the half-day for \$450 to \$550, or a whole day in the \$750 to \$900 price range. The St Lucia Bill Fishing Tournament is in Fall.</p>
Horse riding	<p>North of Castries is the island's oldest riding establishment - Trim's National Riding Stable, Cas-en-Bas, Gros Islet (tel. 758/450-8273). Its activities range from trail rides to beach tours, and the stable even offers horse-drawn carriage tours of Pigeon Island. Rides are \$45 for an hour, \$60 for 2 hours, or \$80 for a 3-hour beach ride with a barbecue. I had a wonderful ride with Trim's riding my horse bareback into the ocean and swimming with him in unison in the calm waters.</p>
Hiking	<p>A tropical rainforest covers a large area in the southern half of St. Lucia, and the St. Lucia Forest and Lands Department manages it wisely. This forest reserve divides the western and eastern halves of the island. There are several trails, the most popular of which is the Barre de l'Isle Trail, located almost in the centre of St. Lucia, southeast of Marigot Bay; it's a fairly easy trail that even children can handle. There are four panoramic lookout points with dramatic views of the sea where the Atlantic and the Caribbean meet. It takes about an hour to walk this 2km-long trail, which lies about a 30-minute ride from Castries. Guided hikes can usually be arranged through the major hotels or through the Forest and Lands Department</p>
Cycling	<p>Mountain bike on the ocean side trail beside the Pitons for a sensational bike with a view!</p>
Diving	<p>Beware "the Thing" - St Lucia's Loch Ness Monster on vacation!</p> <p>In Soufrière, Scuba St. Lucia, in the Anse Chastanet Hotel (tel. 758/459-7755; www.scubastlucia.com), offers one of the world's top dive locations at a five-star PADI dive center. At the southern end of Anse Chastanet's 0.4km-long secluded beach, it features premier diving and comprehensive facilities for divers of all levels. Some of the most spectacular coral reefs of St. Lucia, many only 3 to 6m below the surface, lie a short distance from the beach. Many PADI instructors offer five dive programs a day. Photographic equipment is available for rent (film can be processed on the premises), and instruction is offered in picture taking. Experienced divers can rent any equipment they need. PADI certification courses are available for \$495. A 2- to 3-hour introductory lesson costs \$95 and includes a short theory session, equipment familiarization, development of skills in shallow water, a tour of the reef, and all equipment. Single dives cost \$40. Hours are from 8am to 6pm daily.</p> <p>Another full-service scuba centre is available on St. Lucia's southwest</p>

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	<p>coast at the Jalousie Plantation, at Soufrière (tel. 758/456-8000). The PADI center offers dives in St. Lucia's National Marine Park; there are numerous shallow reefs near the shore. The diver certification program is available to hotel guests and other visitors ages 12 and up. Prices range from a single dive for \$40 to \$85, to a certification course for \$400 to \$800. There's a daily resort course for noncertified divers that includes a supervised dive from the beach; it costs \$75. A 10-dive package is \$400; a six-dive package is \$300. All prices include equipment, tax, and service charges.</p>
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CULTURE	
Plantation Tours	<p>Fond d'Or Nature Historic Park: Enjoy the tropical island's natural beauty on a tour that combines historical St Lucia with the tranquility of a nature sitem the Find d'Or Nature Historic Park includes symbols of the Amerindian settlement and historical buildings of the sugar age. Follow a hiking trail through an estuarine tropical forest to a wide white sand beach that is frequented by nesting Leatherback Turtles, then visit and relax at the Interpretation Centre. From there, drive to the Latille Waterfall where a twenty-foot waterfall surrounded by lush vegetation and additional pools await you. To book contact Heritage Tours.</p> <p>Fond Doux Estate: Follow the scenic country road to a tropical Caribbean-style working plantation called where you will heighten your senses by smelling, touching and tasting a variety of tropical fruits and plants. Once you have explored the plantation you can relax in the plantation house sipping local rum punch, local fruit juices and coconut water before being treated to an authentic Creole Lunch.</p> <p>Morne Coubaril & Marquis Estates: There's the 400-Acre La Sikwi Sugar Mill plantation with a museum, theatre and a 40ft waterwheel. The Morne Coubaril Estate with its worker's village, sugar mill, manioc and cocoa houses is a meticulously preserved museum, restaurant and botanical garden. The Marquis Estate is another nearby plantation where you can tour and see the production of St Lucia's main export crops, bananas and copra.</p>
Music	<p>A popular folk dance is the Quadrille. As well as other Caribbean music genres such as soca, zouk and reggae, Saint Lucia has a strong indigenous folk music tradition. Each May since 1992, Saint Lucia has hosted an internationally renowned Jazz Festival.</p>
Films	<p>Marigot Bay Movie crews, including those for Sophia Loren's Fire Power and Rex Harrison's Dr Doolittle, have used this bay, one of the most beautiful in the Caribbean, for background shots. Thirteen kilometers south of Castries, it's narrow yet navigable by yachts of any size. Here Admiral Rodney camouflaged his ships with palm leaves while lying in wait for</p>

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	French frigates. The shore, lined with palm trees, remains relatively unspoiled, although some building sites have been sold. It's a delightful spot for a picnic. A 24-hour ferry connects the bay's two sides.
Museums	Pigeon Island offers an Interpretation Centre, equipped with artifacts and a multimedia display on local history, ranging from the Amerindian occupation of A.D. 1000 to the Battle of the Saints, when Admiral Rodney's fleet set out from Pigeon Island and defeated Admiral De Grasse in 1782. The Captain's Cellar Olde English Pub lies under the centre and is evocative of an 18th-century English bar – I had a very pleasant lunch there!
Festivals	Jump-up: every Friday, Caribbean street-style party (soca, reggae) in Gros Islet village <ul style="list-style-type: none"> • Jazz Festival: “The best party in the Caribbean” May • Carnival: 2 weeks in July – Calypso, costume making and revelry • Xmas Folk Festival: at Pigeon Island NP • Festival of Lights and Renewal: Dec • New Years Day : celebrations at Cul-de Sac – food drinks and more • Independence Day: Feb 22 (1979), ceremonies and sporting events

ATTRACTIONS	Here are a few highlights: <ul style="list-style-type: none"> • Pitons – twin granite peaks rising ½ mile up from sea, volcanic eruption 30-40 my • Diamond Falls – 6 stages through sulphur springs, water yellow, green, purple, steaming mineral baths • Drive-in volcano: road into crater remnant, mud pots, sulphur pots, geysers 50 ft high • Pigeon Island National Park: Fort Rodney, fort hill, 2 beaches, British naval garrison • Mt Gimie: highest peak, 3145 ft, guided tours • Rain forest: 19,000 acres of mtns, valleys, lush foliage, giant ferns, wild orchids, nature walks, guided hikes • Marigot Bay: pirate ship hang-out, Dr Doolittle film set • Coral reefs: Anse Cochon, Anse Chastanet one of world's most popular underwater havens • Plantation tours: Marquis Estate – largest, near Castries, bananas, copra, coffee, cocoa, sugar mill; La Sikwe Historical Sugar Mill and Plantation: 18th century, 400 acre estate in botanical garden 40 ft water wheel • Helicopter transfer: \$180 Cdn – awesome!
Beaches	Since most of the island hotels are built right on the beach, you won't have to go far to swim. All beaches are open to the public, even those along hotel properties. However, if you use any of the hotel's beach equipment, you must pay for it. You may prefer the beaches along the western coast, as the rough surf on the windward (east) side makes

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	<p>swimming potentially dangerous. The best hotels are all on the western coast for a reason.</p> <p>One of the best beaches is Pigeon Point Beach off the north shore, part of the Pigeon Island National Historic Park. The small beach here has white sand and is an ideal place for a picnic. Pigeon Island is joined to the mainland of St. Lucia by a causeway, so it's easy to reach.</p> <p>The most frequented beach is Reduit Beach at Rodney Bay, 2km of soft beige sand fronting very clear waters. Many watersports kiosks can be found along the strip bordering Royal St. Lucian Hotel. With all its restaurants and bars, you'll find plenty of refueling stops.</p> <p>Choc Bay is a long stretch of sand and palm trees on the northwestern coast, convenient to Castries and the big resorts. Its tranquil waters lure swimmers and especially families (including locals) with small children.</p>
<p>Wildlife</p>	<p>Jaquot parrot in rainforest; bird watching in swamps and mangroves – St Lucia finch and oriole; turtles lay eggs on beaches Mar-Aug; whale watching (20 species, humpback, pilot, sperm); bird watching Bois D'Orange Swamp for St Lucia parrot;</p>
<p>Parks</p>	<p>Grande Anse The northeast coast is the least visited and least accessible part of St. Lucia, but it contains dramatic rockbound shores interspersed with secret sandy coves. The government has set Grand Anse aside as a nature reserve so that it will never be developed. The terrain is arid and can be unwelcoming, but it is fascinating nonetheless. Grande Anse is home to some rare bird species, notably the white-breasted thrasher, as well as the fer-de-lance, the only poisonous snake on the island (but visitors report rarely seeing them). Its beaches - Grande Anse, Petite Anse, and Anse Louvet - are nesting grounds for endangered sea turtles, including the hawksbill, the green turtle, the leatherback, and the loggerhead. Nesting season lasts from February to October. Many locals tackle the poor road in a four-wheel-drive vehicle, especially the bumpiest part from Desbarra to Grande Anse.</p> <p>Nature Reserves The fertile volcanic soil of St. Lucia sustains a rich diversity of bird and animal life. Some of the richest troves for ornithologists are in protected precincts off the St. Lucian coast, in either of two national parks, Fregate Islands Nature Reserve and the Maria Islands Nature Reserve.</p> <p>The Fregate Islands are a cluster of rocks a short distance offshore from Praslin Bay, midway up St. Lucia's eastern coastline. Barren except for tall grasses that seem to thrive in the salt spray, the islands were named after the scissor-tailed frigate birds (<i>Fregata magnificens</i>) that breed here. Between May and July, large colonies of the graceful</p>

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	<p>birds fly in well-choreographed formations over islands that you can visit only under the closely supervised permission of government authorities. Many visitors believe that the best way to admire the Fregate Islands (and to respect their fragile ecosystems) is to walk along the nature trail that the St. Lucian government has hacked along the cliff-top of the St. Lucian mainland, about 45m inland from the shoreline. Even without binoculars, you'll be able to see the frigates wheeling overhead. You'll also enjoy eagle's-eye views of the unusual geology of the St. Lucian coast, which includes sea caves, dry ravines, a waterfall (during the rainy season), and a strip of mangrove swamp.</p> <p>Maria Islands are larger and more arid, and are almost constantly exposed to salt-laden winds blowing up from the equator. Set to the east of St. Lucia's southernmost tip, off the town of Vieux Fort, their biodiversity is strictly protected. The approximately 12 hectares of cactus-dotted land that make up the two largest islands (Maria Major and Maria Minor) are home to more than 120 species of plants, lizards, butterflies, and snakes that are believed to be extinct in other parts of the world. These include the large ground lizard (Zandolite) and the nocturnal, non-venomous kouwes snake (Dromicus ornatus). The Marias are also a bird refuge, populated by such species as the sooty tern, the bridled tern, the Caribbean martin, the red-billed tropicbird, and the brown noddy, which usually nests under the protective thorns of prickly pear cactus.</p> <p>Tours to either island must be arranged through the staff of the St. Lucia National Trust (www.slunatrust.org). Full-day excursions, including the boat ride to the refuge and the guided tour, cost \$80.</p>
<p>Gardens</p>	<p>Diamond Botanical Gardens: The Diamond Botanical Gardens in Soufriere features mineral baths and a picturesque waterfall.</p> <p>Mamiku Gardens: On the Vieux Fort Highway, Mamiku Gardens which encircle the ruins of an 18th Century Micoud Estate.</p> <p>Bonne Terre Tropical Gardens: Less than 15 minutes from Castries and 5 minutes from Rodney Bay, there are 4 acres of lush gardens and a beautiful plantation house included in the tour.</p>
<p>Castles/Forts</p>	<p>Pigeon Island National Historic Park St. Lucia's first national park is joined to the mainland by a causeway. On its west coast are two white-sand beaches. There's also a restaurant, Jambe de Bois, named after a wooden-legged pirate who once used the island as a hideout.</p> <p>Pigeon Island offers an Interpretation Centre, equipped with artifacts and a multimedia display on local history, ranging from the Amerindian occupation of A.D. 1000 to the Battle of the Saints, when Admiral Rodney's fleet set out from Pigeon Island and defeated Admiral De</p>

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	<p>Grasse in 1782. The Captain's Cellar Olde English Pub lies under the center and is evocative of an 18th-century English bar.</p> <p>Pigeon Island, only 18 hectares (44 acres), got its name from the red-neck pigeon, or ramier, that once colonized this island in huge numbers. Now the site of a Sandals Hotel and interconnected to the St. Lucian "mainland" with a causeway, the island offers pleasant panoramas. For more information, call tel. 758/452-2231.</p>
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<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>In the capital city, Castries, you can stock up on hot sauce, spices, and luscious fruits and vegetables at the bustling public market or bring back pottery, wood carvings and silk-screened textiles from the shops along William Peter Boulevard and Bridge Street. Head to Rodney Bay for original artworks and antique prints, and Soufriere for batik clothing. Most of the shopping is in Castries, where the principal streets are William Peter Boulevard and Bridge Street. Many stores will sell you goods at duty-free prices (providing you don't take the merchandise with you but have it delivered to the airport or cruise dock). There are some good buys in bone china, jewelry, perfume, watches, liquor, and crystal. Built for the cruise-ship passenger, Pointe Seraphine, in Castries, has the best collection of shops on the island, along with offices for car rentals, organized taxi service (for sightseeing), a bureau de change, a philatelic bureau, an information center, and international phones</p>
<p>Markets</p>	<p>Castries public market is one of the most fascinating in the West Indies, and a favorite people-watching site on the island. It's every day of the week except Sunday, and is most active on Friday and Saturday mornings. The market stalls are a block from Columbus Square along Peynier Street, running down toward the water. The local women dress traditionally, with cotton headdresses; the number of knotted points on top reveals their marital status (ask one of the locals to explain it to you). The luscious fruits and vegetables of St. Lucia may be new to you; the array of color alone is astonishing. Sample one of the numerous varieties of bananas: on St. Lucia, they're allowed to ripen on the tree, and taste completely different from those picked green and sold at supermarkets in the United States. You can also pick up St. Lucian handicrafts such as baskets and unglazed pottery here.</p>
<p>Nightlife</p>	<p>Rodney Bay This scenic bay is a 15-minute drive north of Castries. Set on a man-made lagoon, it has become a chic center for nightlife, hotels, and restaurants - in fact, it's the most active place on the island at night. Its marina is one of the top water sports centers in the Caribbean, and a destination every December for the Atlantic Rally for Cruisers, when yachties cross the Atlantic to meet and compare stories.</p>

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CUISINE	Creole flavors inspire much of the local cuisine. Taste traditional dishes such as green figs, salt fish and callaloo soup along with curries and pepperpot stews. Fresh foods abound, from fruits like mangoes, papayas and coconuts, and fish, including lobster and marlin. Dine on haute cuisine at the higher-end resorts and restaurants in Castries, or join the locals in Dennery for their Saturday night fish fiesta.
Food	St Lucian fruit cake; callaloo soup (spinach); float – deep-fried dough cake; fruit: bananas 6 types, mango, papaya, pineapple, soursop, passionfruit, guava; lambi (conch)
Drink	The local beer, Piton , has won many coveted international prizes, including both a silver medal and a gold medal in 2006 in international beer competitions held in the city of Prague. The other regional alcohol is Bounty Rum , a quality, light-golden rum with a smooth, full-bodied taste. It's known as "The Spirit of St. Lucia."
Restaurants	Chack Chack Café (funky WI food); Bon Appetit (perched on top of Morne above Castries – steak, seafood); Captains Cellar (18th century British colonial tavern); Doolittles (Marigot Bay, ferry ride, waterfront), Green Parrot (overlooking Casties: “stuffed pussy”, French and creole); Great House (old plantation house in Cap Estate)

MORE INFO	
Brochures	Information is provided at the tourist board at 8 King St. East, Suite 700, Toronto, ON M5V 1B5 (tel. 416-362-4242).
Website	www.stlucia.org

HOTEL PRIZE	Coconut Bay Resort and Spa – see below
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AIRLINE PRIZE PARTNER	Air Transat Direct from Toronto to St Lucia (5.25 hours)
Flight details	Sundays, 19 Dec to 17 April 2011

CURRENT DEALS	Transat Holidays has an early booking bonus at the Coconut Bay Beach Resort and Spa which saves couples \$180 per week if booked 35 days or more prior to departure. (Feb 2011)
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PERSONAL EXPERIENCES	2002 and 2004 trips included helicopter flight, Club St Lucia by Splash, island tour, Soufriere, horseback riding into the ocean, Castries, Marigot Bay, Drive-in Volcano, Diamond Falls and hot spring baths, Pigeon Island and more.
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<p>COCONUT BAY BEACH RESORT AND SPA</p>	<p>Two seemingly different worlds in one idyllic setting. An adult oasis is tucked onto one side of the palm-fringed resort while the other side boasts one of the liveliest family playgrounds in the Caribbean. 254-rooms, four dining options, five bars, three swimming pools, a full-service spa, CocoLand Kidz Klub and the island's largest water park. The resort caters to families, couples and honeymooners alike with the perfect location and endless activities.</p> <p>Coconut Bay Beach Resort and Spa is a short transfer from the airport and close to exciting island activities such as ATV'ing, horseback riding, Jeep safaris, zip lining and scuba diving. It caters to the two different audiences of couples and families extremely well.</p> <p>For adults seeking romance and relaxation, Coconut Bay's Harmony wing is a true oasis. Peaceful rooms overlook a palm shaded quiet pool and bar, chaises and hammocks, intimate cabana beds and the oceanfront Kai Mer Spa. And the new kite surfing and windsurfing centre exploits the constant prevailing winds that make this one of the world's best wind sport destinations.</p> <p>Guests of all ages will love Splash, Coconut Bay's family friendly wing overlooking CocoLand - St. Lucia's largest water park featuring a large activity pool, lazy river and exciting water slides. The fully supervised Kidz Klub is nearby.</p> <p>Check out their website at: http://www.cbayresort.com And on YouTube: http://www.youtube.com/CoconutBayResort</p>
<p>Location</p>	<p>On St. Lucia's exotic south coast, just a short drive from the Hewanorra International Airport and close to all of the island's most enticing attractions.</p>
<p>Resort Facilities</p>	<p>254 rooms – Two separate wings. Families stay closer to CocoLand, while the wing for adults is situated near the tranquil adult-only area. All rooms have views of the Atlantic Ocean, king or queen beds, ceiling fans, air conditioning, patios or balconies, iron and board, safe, satellite TV, radio alarm and coffee and tea service. Premium rooms include mini-fridges and unobstructed ocean views. Connecting suites are available for families.</p> <p>Dining options – Coconut Walk buffet restaurant; Bellagio for fine Italian dining; Silk for gourmet Asian fusion; Bites Beach Grill for snacks and light meals; Caribbean Nights themed dinners two nights each week.</p> <p>Bars and Lounges – Lobby Bar; Peter John's serving the lounge and disco; Catz Meow in the center of the resort; Swim-up pool bar. All bars serve alcoholic and non-alcoholic beverages.</p>

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Fitness Centre – Spacious air conditioned fitness centre features weight and cardio equipment, men’s and women’s changing rooms and satellite TV. Personal trainers are available on request.

Athletic Pursuits – Tennis, basketball or just taking a walk, the resort offers equipment and facilities. Tennis courts are open to everyone. Instruction is available on request. Basketball courts are available and the activities team presents occasional tournaments.

Kai Mer Spa – Full service spa. Private outdoor showers, oceanfront pedicure and massage patios, 12-head Swiss hydro showers, steam rooms, saunas, hair salon, aloe garden and relaxation lounge.

Adult Oasis – A tranquil ocean front adults-only area includes a palm shaded pool, chaises, hammocks, intimate cabana beds and the Kai Mer Spa. Ideal for soaking up the sun or dozing off under the swaying palms.

Beach – The largest resort beach in St. Lucia, stretching along the Atlantic Ocean. The white sand beach is raked daily and offers cabanas, chaises, volleyball and views of the Maria Islands.

Swimming – There are three pools to choose from, including an adults-only, large activities pool and a free-form pool that features a beach-entry and swim-up bar.

CocoLand Water Park – St. Lucia’s largest water park. Grab a beverage and a tube and soak up the sun with a relaxing trip around the lazy river. Climb to the top of the hill and choose from two exhilarating slides, the wide open twister or the thrilling Coconut Cannon with its fully enclosed series of fast turns.

CocoLand Kidz Klub – Easy to find by the gleeful sounds of youngsters, Cocoland offers nature hikes, lessons about the Caribbean’s geography and St. Lucia’s ecology plus arts and crafts. The fully supervised area includes a colorful water feature, expansive fenced outdoor play area and air-conditioned play room.

Adventure St. Lucia Desk – Take advantage of our unbeatable location close to the island’s best attractions and activities. Excursions to go zip-lining through the treetops on a canopy tour, riding ATVs, mountain biking in the rainforest and hiking the Piton Mountains. For those who want to take to the water it’s also possible to arrange for off-site snorkeling, scuba diving, windsurfing and kite boarding.

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	<p>Kite Surfing - Within an hour of landing in St. Lucia, water sports enthusiasts can be flying on the ocean at Coconut Bay's new kite surfing and windsurfing centre where constant prevailing winds create one of the world's best wind sport destinations. Coconut Bay's exclusive water sports complex, operated by 2Elements, is located just minutes away from the international airport on the southern coast of St. Lucia and is perfect for all skill levels. The well-trained team can teach novice to advanced kites and boarders to harness the strength of the Caribbean's wind and water.</p>
<p>Awards</p>	<p>Best of the Caribbean: Named one of the best large hotels by Caribbean Travel & Life, as part of the magazine's annual Readers' Choice Awards. Trip Advisor Traveler Recommended: Voted as the #1 hotel in St. Lucia for Families.</p>
<p>Room Categories</p>	<p>Garden View – Ground level with views of lush tropical landscaping and glimpses of ocean. Rooms have two queen beds, ceiling fans, air conditioning, patios, iron and board, safe, satellite TV, radio alarm and coffee and tea service.</p> <p>Ocean View – Second and third floor with views of the Atlantic Ocean. Rooms have one king or two queen beds, ceiling fans, air conditioning, balconies, iron and board, safe, satellite TV, radio alarm and coffee and tea service.</p> <p>Premium Ocean View – Fourth floor with vast views of the Atlantic Ocean. Premium rooms include a mini-fridge stocked with water and soft drinks, one king or two queen beds, ceiling fans, air conditioning, balconies, iron and board, safe, satellite TV, radio alarm and coffee and tea service.</p> <p>Two Bedroom Family Connecting – Adjoining rooms with an internal connecting door, views of lush tropical landscaping and glimpses of ocean. Rooms have one king or two queen beds, ceiling fans, air conditioning, patios or balconies, iron and board, safe, satellite TV, radio alarm and coffee and tea service.</p>
<p>All Inclusive Activities</p>	<p>Tennis, basketball, water aerobics, volleyball or just taking a walk, the resort offers equipment and facilities. Tennis courts are lit for night play and instruction is available on request (fee applies). Basketball courts are available and the activities team presents occasional tournaments. Everyday there are activities in the main pool from water aerobics and volleyball to entertaining relay races.</p> <p>Those seeking workouts in a gym environment will appreciate the spacious air conditioned fitness center. The facility features weight</p>

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	and cardio equipment, men’s and women’s changing rooms and satellite television. Personal trainers are available on request.
Children	Not all kids clubs are created equal and on the island of St. Lucia, CocoLand is by far the best vacation your kids will have. What is CocoLand? It is more than cartoons and crayons and it has Splash! CocoLand is educational, interactive and fun – offering a range of completely supervised activities for children ages 3-14. The child-friendly sanctuary has a complete curriculum conceptualized by education professionals in the US, giving children not only an active vacation but a memorable learning experience as well. It starts with the gift of a CocoPack to each child. As children participate in the various CocoLand Kidz Klub activities, they will receive a different gift to complete their CocoPack: a T-shirt, bag, hat, mini scrapbook and water bottle. Keeping in mind that children of varied ages have different abilities and interests, CocoLand offers two schedules. CocoKidz for children ages 3-9 and CocoAdventure for ages 10-14. While at the Kidz Klub youngsters will enjoy a supervised water playground, arts and crafts, games, nature trails, outdoor expeditions, a club house, air-conditioned napping quarters, and much more.
Dining	The resort offers a variety of dining options including a la carte dining in two specialty- themed restaurants. Dine at Silk for a taste of Asian cuisine, Bellagio will delight you with Italian entrees, and Coconut Walk offers buffet style dining for breakfast, lunch and dinner. Snack and grilled favorites are always available at Bites, the beachside grill and, what’s more, guests can quench their thirst with their favorite beverages, cocktails, tropical drinks and fruit juices at three bars, plus a swim-up pool bar. Evenings come alive with entertainment, theme nights and discotheque. No visit to St. Lucia is complete without sampling some of the many varieties of rum St. Lucia is renowned for, from white to dark, French to spiced, or straight up and down Bounty. And a Piton, the local beer, is just as much a peak experience as its namesake.
Bars and Entertainment	<p>Bars and Lounges</p> <p>Lobby Bar; Peter John’s serving the upstairs lounge and disco; Catz Meow provides entertainment in the center of the resort; Swim-up bar in the main pool; refreshment cart in Adult Oasis. All bars serve alcoholic and non-alcoholic beverages.</p> <p>Entertainment</p> <p>Coconut Bay offers a variety of entertainment, with daily activities ranging from poolside games to nightly shows featuring some of the area’s finest entertainers.</p>
Beach and Waterpark	Beaches: Coconut Bay has the largest resort beach in St. Lucia, stretching along the Atlantic Ocean. The beach is raked daily and offers cabanas, chaises, volleyball and views of the Maria Islands.

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	<p>Waterpark: St. Lucia's largest water park is a fun diversion for kids and adults alike. Grab a beverage and a tube and soak up the sun with a relaxing trip around the lazy river. Climb to the top of the hill and choose from two exhilarating slides, the wide open Twister ends in a small pool and is followed by a second smaller slide. Coconut Cannon sends guests through a fully enclosed series of thrilling turns</p>
<p>Spa</p>	<p>Kai Mer: For the ultimate unwind, guests are encouraged to visit our full service Kai Mer, French Creole for "House by the Sea". Featuring treatment rooms with ocean views and private outdoor showers, a Swiss hydro shower, steam rooms, saunas and massage and mani/pedi patios. The spa offers an extensive selection of treatments including some for couples only. The spa also offers a full service beauty salon providing a variety of hair and nail treatments. Body Peelings; Facials and Skin Care; Wraps; Massages; Combinations</p>
<p>Weddings</p>	<p>Coconut Bay creates magical weddings on the beach, ocean front in the gazebo or in the gardens. Whether you envision a small intimate gathering or a large traditional wedding, your personal wedding coordinator will customize all of the details to suit your needs. Coconut Bay's wedding team will provide you with a choice of decorations, entertainment, photography, and beauty treatments to make the day uniquely yours.</p> <p>Wedding Package: US\$650 Includes: Services of a wedding coordinator, Bridal Bouquet, Groom's Boutinere, Witnesses (if required), Two Tier Wedding Cake, Champagne, Marriage Officer, and Legal Fees</p> <p>On September 4, 2010 Stephen and Wanda Vajda were the first couple wed at St. Lucia's historic Cap Moule à Chique Lighthouse, built in 1912 – the second tallest Lighthouse in the world. Exclusive to Coconut Bay Beach Resort & Spa, the Lighthouse wedding gazebo rests 745 feet above Atlantic Ocean and Caribbean Sea</p> <p>Coconut Bay offers five unique all-inclusive wedding packages and some include photographer, disc jockey, three tier wedding cake, flowers and island tours. For more information about Coconut Bay Beach Resort & Spa Garden, Gazebo and exclusive Lighthouse weddings, visit www.CBayResort.com , call 877-352-8898 to reach the resort directly or connect on Facebook www.facebook.com/CoconutBay Online photo gallery: www.cbayresort.com/web_gallery (Lighthouse Wedding folder bottom right)</p>
<p>How to Book</p>	<p>Coconut Bay is a featured resort in Transat Holiday's Sun Brochure – pick one up at your local travel agent.</p>

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<p>TRANSAT HOLIDAYS</p>	<p>Transat Holidays have weekly direct flights and offer Canada’s most popular hotel in St Lucia – the four star, all inclusive Coconut Bay Beach Resort and Spa. It’s a short transfer from the airport and close to exciting island activities such as ATV’ing, horseback riding, Jeep safaris, zip lining and scuba diving. Ask your travel agent for the Nolitours and Transat Holidays brochures.</p>
<p>Transat Background</p>	<p>Transat is now the largest tour operator in Canada, and is at the core of the vertical integration process developing and marketing vacation products as well as flights to destinations in the South and Europe. The company acts as a master craftsman in assembling different components of leisure travel: air transportation, passenger transfers from airport to hotel, accommodation, recreational and cultural activities, meals, cruises, and much more.</p> <p>As an industry leader, Transat Holidays offers departures from many Canadian cities including: St-John's, Halifax, Moncton, Fredericton, Montréal, Québec, Ottawa, Hamilton, Toronto, Thunder Bay, Regina, Saskatoon, Winnipeg, Calgary, Edmonton, Lethbridge, Vancouver, Victoria, Comox, Abbotsford, Prince George and Kelowna. (as at 2011)</p>
<p>Mission</p>	<p>Transat Holidays offers quality vacation packages to a wide variety of destinations. Each season, the company presents a wide selection of quality products, in order to meet the diversified needs of Canadian travellers. In keeping with their mission, their employees aim to exceed vacationers’ expectations in order to maintain their position as a market leader. They see their role, ultimately, to turn holiday dreams into reality: making the vacation experience one of the most memorable ever.</p>
<p>Products</p>	<p>Packages, Cruises, Hotels, Flights, Tours, Car Rentals & Train Travel. With a choice of over 300 hotels located in more than 50 destinations and a complete line of itineraries offered in partnership with the most prestigious cruise lines, all products offered by Transat Holidays are subject to a rigorous standard review.</p>
<p>Wider Seats</p>	<p>Air Transat has added more legroom on all their aircraft, making the journey to and from your destination even more comfortable.</p>
<p>Air Transat Upgrades</p>	<p>Air Transat have introduced its new Economy Class meal service on sun destination flights.</p> <p>As part of its ongoing efforts to provide clients with the best possible service, Air Transat has upgraded its onboard service. Passengers flying south will now be welcomed onboard with a glass of champagne, while early morning passengers will be greeted with a mimosa. The meal service has also been improved. The airline will now offer passengers a more complete meal tray, including a choice of two hot meals, a complimentary glass of wine and dessert.</p>
<p>Awards</p>	<p>Agent's Choice Awards: Transat Holidays ranked number one for three year in a row by Canada's travel agents according to the results of</p>

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	the Agents' Choice Awards, a survey carried out by Canadian Travel Press and Travel Courier.
Current Brochure	Transat Holidays Sun 2010-2011 brochures are available at your local travel agent.
Air Transat Kids Club	<p>To ensure that your family vacations are fun and unforgettable from beginning to end, Air Transat has created Kids Club so that young passengers can really enjoy themselves while onboard an Air Transat flight. It is designed to make air travel a fun experience for young travellers (and for their parents!). Even before the doors of the plane are closed following boarding, every child receives a small bag containing all sorts of surprises and games. The more fun they have, the easier the flight. Furthermore, children who are members of Air Transat Kids Club enjoy certain exclusive privileges.</p> <p>Members of the Air Transat Kids Club will enjoy several benefits that the whole family can share. You can check in at a special "Air Transat Kids Club Members" counter. Thanks to these special counters located in major Canadian airports where Air Transat flies, checking-in is quicker than before. At check-in, special tags will be placed on your baggage; as a result, your baggage gets priority treatment.</p>
Transat Club Class	<p>Enjoy exclusive privileges such as complimentary seat selection, wider, more comfortable leather seats, a choice of gourmet meals and fine wines, priority check-in, baggage service and boarding.</p> <p>Club Service</p> <ul style="list-style-type: none"> • Dedicated Club attendants • Attentive, personalized service • Exclusive, spacious Club cabin <p>Drinks & Snacks</p> <ul style="list-style-type: none"> • Welcome cocktails • Complimentary non-alcoholic drinks, snacks and bar service <p>Club Privileges</p> <ul style="list-style-type: none"> • Increased baggage allowance • 40 kg checked/15 kg carry-on • Exclusive, rapid check-in counter in most airports • Priority boarding • Practical travel items (on Europe flights) • Free headsets • Canadian newspapers <p>Comfort & Refinement</p> <ul style="list-style-type: none"> • Wider, more comfortable leather seats • More leg room • Complimentary Seat Selection: call 1-877-872-6728 • Choice of gourmet meals • Choice of wine and more

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<p>Option Plus</p>	<p>This Economy class option includes many priority privileges and services including priority check-in, priority baggage handling, an extra 10kg baggage allowance and even champagne. Here's what you get:</p> <ul style="list-style-type: none"> • Advance seat selection on roundtrip flights • Priority check-in at a dedicated counter • Priority baggage handling • Priority boarding • Complete Air Transat travel kit on flights to European destinations • Snacks from the On Board Bistro selection • Alcoholic beverages during drinks service 200ml bottle of champagne (Sun and Europe) • Supplementary baggage allowance up to 10 kg per flight segment** • Wine or beer with the meal • Headsets <p>The cost is \$79 for southbound destinations and \$99 for European destinations.</p>
<p>Transat and Sustainable Tourism</p>	<p>Transat recognizes the prime importance of the environment, host communities, cultural diversity, and their relationships with their employees, customers and partners. Tourism has become one of the world's leading industries. Society and communities reap the benefits, and, each year, hundreds of millions of travellers discover new countries and cultures. Transat is firmly committed to the responsible development of the tourism industry.</p> <p>The issue of the environment, as far as Transat's own facilities are concerned, is a clear and basic target. Their environment committees have implemented concrete initiatives with regard to recycling, conservation of resources, the disposal of obsolete electronic equipment, and raising employee awareness. Air Transat, which proved its forward-looking approach by adopting a strict fuel-management system in 2003, has since begun developing an environmental management system that could lead to an ISO 14001 certification in the future. To find out more, consult the Transat and the Environment sections at their website.</p>
<p>Gift Certificates</p>	<p>Transat gift certificates are valid on all Air Transat, Nolitours, or Transat Holidays products. They can be redeemed at a travel agent's office at the time of reservation. To order gift certificates call 1-800-322-6649.</p>
<p>Transat Excursions in St Lucia</p>	<p>Transat has a range of excursions for their guests staying here, including trips to the rainforest, to Castries, the waterfalls, the drive-in volcano and jeep safaris.</p>
<p>Special Deals with Coconut Bay 2011</p>	<p>Transat currently has some very special deals at the Coconut Bay this winter (as at 18 Feb 2011) like this one: \$1491 for 7 nights all inclusive departing Toronto March 27, 2011</p>

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