

ST. LUCIA & TRANSAT



ST. LUCIA	Discover St Lucia - a tropical island cloaked in rainforest, laced with spectacular waterfalls and girdled by sandy Caribbean beaches. The Pietons - twin granite peaks - rise up sheer from the sea. Add a sprinkling of coral reefs, a drive-in volcano, hot spring pools and historic plantationsand you have incomparable St Lucia. St. Lucia stands apart from the rest of the Caribbean islands thanks to its varied landscape and diverse culture and cuisine - which is a melting pot of African, Indian, Caribbean, British, Spanish and French influences. Savour the national dish of green fig and salt fish and enjoy the Friday night fish fry under the stara of the Anse La Raye fisherman's village. Visit the picturesque capital city of Castries; the market is rated as one of the top ten in the world according to National Geographic magazine. And sip some Bois Bandé, a type of spicy rum known for its aphrodisiac properties. Just 22 kilometres wide and 43 kilometres long, this little nation packs more stunning vistas into its lush countryside than most continents! Exciting island activities include ATV'ing, horseback riding, Jeep safaris, zip lining, windsurfing and scuba diving. And the island is recognized as one of the world's best wedding and honeymoon locations. http://stlucianow.ca
Location	One of the Windward Islands of the West Indies' Lesser Antilles, it is nestled halfway down the eastern Caribbean archipelago between
Geography	Martinique and St Vincent. 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	There are approximately 180,000 islanders
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 2.58 Eastern Caribbean Dollars (as at 15 Nov 2013). 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 member of the British Commonwealth, 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 Nov 2013)
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
	temperatures of 21°C - 32°C.
Today's weather	27 degrees Centigrade, sunny with a few clouds (16 Nov 2013)
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	Transat Holidays have weekly direct flights from Toronto every Sunday between December 22, 2013 and April 7, 2013. From Montreal they fly every Saturday between December 22, 2013 and March 30, 2013. Flying time is 5.5 hours 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	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. 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.

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.

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 honour of a 1960's-era St. Lucian tour guide, Gabriel, whose weight collapsed the chalky surface of the 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.

Nearby are the **Diamond Mineral Baths** 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 sulphur springs, the waterfall changes colours (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.



	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.
Airports	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. The Coconut Bay Beach Resort avoids the long transfer by being close to the airport in the south of the island.
Ferries	You can catch a ferry to Martinique (1.5hrs), Dominica, and Guadeloupe
Taxis	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 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 \$2.50, 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.
TAROET ORGURO	
TARGET GROUPS	A family plantation visit to Maurea Caubaril warks well for very
Kids	A family plantation visit to Mourne Coubaril works well for younger children, as does the water park beside the Coconut Bay Beach

Resort.



Teens	A Rainforest Aerial Tram Adventure is a great scenic adventure on
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	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! It has topped so many travel magazine lists as the most
	romantic Caribbean island that I have lost track of them all – suffice it to
	say that when you see the island for the first time, you will know why
Honeymoons &	Honeymoons: St. Lucia has been voted the World's Best Honeymoon
Weddings	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, drop into to the hot mineral springs and cool off at the
	many waterfalls around the island.
	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
	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.
	Here is a list of documents which are needed (to be mailed in advance
	for same day marriages):
	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
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	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
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	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.
	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
Seniors	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 sulphur springs, the waterfall
	changes colours (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
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	try out the recuperative effects for yourself.
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UNIQUES	

UNIQUES	Despite Saint Lucia's tiny population, the island proudly claims two Nobel laureates: Sir Arthur Lewis won for Economics in 1979 and
	Derek Walcott for Literature in 1992.
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	Saint Lucia can be excused for having a split personality. Despite being visited by European explorers as early as 1499, the strikingly beautiful volcanic island escaped colonization until the French built a settlement in 1643, although around 1550 Jambe de Bois (Wooden Leg) the buccaneer was based at Pigeon Island.
	The island was known as "Fair Helen of the West Indies" and when the
	English seized control in 1663, it marked the beginning of a ping pong
	match that saw Saint Lucia change hands 14 times – 7 times British,
	7 times French – before coming definitively under British control in 1814



	under the Treaty of Paris. The British rallying cry was: "Hold St Lucia and the rest may perish!" As well as conflict, Europeans brought disease and African slaves to the island, resulting in the decimation of the local Carib people and a population that today mostly traces its roots to Africa. Saint Lucia finally gained independence in 1979. As a footnote, it should also be noted that the first discovers of St Lucia were the Arawak Indians around 200AD, followed by the more war-like Carib Indians from around 800AD.
Books	Frommer's Caribbean
1000 Places to see	Anse Chastanet – near Soufriere, for its view of the Pitons
before you die	
Must Sees	Morne Fortune also offers what many consider the most scenic lookout perch in the Caribbean. The view of the harbour 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.

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SPORTS ACTIVITIES	Windsurfing: pick your coastline for advanced, 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.
	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.
Horse riding	North of Castries is the island's oldest riding establishment - Trim's
110100 11011119	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.
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Hiking	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: (758) 468-5649/5645/5648 Des Cartiers Rainforest Trail: To experience a botanical paradise, exit the highway at Mahaut of Ti Rocher gap to explore Saint Lucia's most pristine rainforest. Drive 9 km inland from the east coast highway along a secondary road to explore the possibility of seeing the rare birds, especially Saint Lucia Parrot. Trek through the ultimate rainforest, view the wonderful verdant forest and discover many of Saint Lucia's
Cycling	endemic wildlife as you walk this moderate-rated 4 km trail. Biking has become a popular way to enjoy the island, and there are some excellent biking tours for beginners and the more experienced off road riders. There's lots to see on two wheels in Saint Lucia. For the adventurer, head into Soufrière for an ocean-side trail ride at Anse Chastanet. With a beautiful view of the world-famous Gros Piton and Petit Piton mountains, this is one ride you can't find anywhere but Saint Lucia.
Diving	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. Another full-service scuba centre is available on St. Lucia's southwest



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.

CULTURE	
Plantation Tours	- 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 site, the Fond 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 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 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.
Music	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. Saint Lucia Jazz has become one of the major events on Saint Lucia's calendar of events and one of the most anticipated event on the Caribbean's calendar. During the month of May, the island dances to the beat of jazz when music fills the air and tourism takes on a whole new meaning to all. What started as simply a marketing event to boost



	tourism industry arrivals during a quiet period, has now developed into a
p=+1	truly Saint Lucian Festival. http://www.stluciajazz.org
Films	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 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	 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 National park 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 Carnival stands out as one of the major festivals in St. Lucia. A highly traditional event, Carnival festivities usually includes competitions and performances by masquerade (Mas) bands, calypso and soca singers, steel bands, and beauty contestants. The highlight of the celebration takes place, usually during the second week in July beginning on the weekend and ending on Tuesday (Monday and Tuesday are public holidays). Following the launching of Carnival in June, Mas Camps are formed and members begin to designed and built their costumes. Pan-yards are usually full of practising steel-band performers and, calypso tents throughout the island compete through a series of performances by local calypso and soca artists. During the height of the Carnival fever, competitions for beauty queens, soca and calypso monarch gets under way and Mas bands compete for king and queen of the bands, and the band of the year title. http://www.visitslu.com/discover_slu/events/carnival.html Gros Islet Jump-Up: A Friday-night ritual for locals and visitors alike is to head for the Gros Islet Jump-Up, the island's largest street party.
	to head for the Gros Islet Jump-Up, the island's largest street party. Huge speakers are set up on the village's main street and blast out



Caribbean music all night long. Sometimes there are live bands. When you take a break from dancing, you can buy barbecued fish or chicken, rotis, beer, and soda from villagers who set up cookers right along the roadside. It's the ultimate "lime" experience.

ATTRACTIONS

Here are a few highlights:

- **Pitons** twin granite peaks rising ½ mile up from sea, the product of a volcanic eruption 30-40 million years ago
- **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 mountains, 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 swimming potentially dangerous. The best hotels are all on the western coast for a reason.

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. The most frequented beach is **Reduit Beach** at Rodney Bay, 2km of soft beige sand fronting very clear waters. Many water sports 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.

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.

Wildlife

Look for the endemic **Jaquot parrot** in the rainforest.



There's bird watching in swamps and mangroves – St Lucia finch and oriole.

Turtles lay their eggs on beaches from March to August each year. Whale watching features 20 species, including the humpback, pilot, sperm whales.

Parks

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.

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.

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 (Fregata magnificens) that breed here. Between May and July, large colonies of the graceful 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.

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.
	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.
Gardens	 Diamond Botanical Gardens: The Diamond Botanical Gardens in Soufriere features mineral baths and a picturesque waterfall. Mamiku Gardens: On the Vieux Fort Highway, Mamiku Gardens which encircle the ruins of an 18th Century Micoud Estate. 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.
Castles/Forts	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. 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 center and is evocative of an 18th-century English bar. 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.

OTHER ACTIVITIES	
Shopping	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
Markets	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 colour 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 Canada. You can also pick up St. Lucian handicrafts such as baskets and unglazed pottery here.
Nightlife	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.
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,

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: there's 6 types of bananas, 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



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	http://stlucianow.ca

AIRLINE PRIZE PARTNER	Air Transat Direct from Toronto to St Lucia (5.5 hours)
Flight details	Transat Holidays have weekly direct flights from Toronto every Sunday between December 22, 2013 and April 7, 2013.
	From Montreal they fly every Saturday between December 22, 2013 and March 30, 2013.

PERSONAL	Several trips including helicopter flight, Club St Lucia by Splash, island
EXPERIENCES	tour, Soufriere, horseback riding into the ocean, Castries, Marigot Bay,
	Drive-in Volcano, Diamond Falls and hot spring baths, Pigeon Island
	and more.
	You can see some of my photos of St Lucia on Pinterest at
	http://www.pinterest.com/TravelShow/st-lucia/



TRANSAT AND ST LUCIA

Transat Holidays have **weekly direct flights** from Toronto every Sunday between December 22, 2013 and April 7, 2013. From Montreal they fly every Saturday between December 22, 2013 and March 30, 2013.

Transat Holidays offer a choice of 15 hotels this winter:

Smugglers Cove Resort & Spa
Anse Chastanet
Bay Gardens Beach Resort
Bay Garden Hotel
Bay Garden Inn
Coconut Bay Beach Resort And Spa
Rendezvous
Sandals Halcyon Beach
Sandals Grande St Lucian
Sandals Regency La Toc
St James Club Morgan Bay
St.Lucian by Rex Resorts
Royal St Lucia By Rex Resorts
The Body Holiday LeSport
Windjammer Landing Villa Beach Resort

If you are getting married – several resorts from Transat Holidays in St Lucia have wedding packages and honeymoon specials

You will also be able to take **excursions** to help you enjoy your visit to St Lucia to the full. Here are two examples:

Discover Saint Lucia - Travel along the breathtaking and rugged Atlantic coast, past picturesque villages and banana plantations, to the capital city of Castries. Visit the craft market and enjoy duty-free shopping followed by lunch at a restaurant. Head along the west coast to Soufriere, visit the sulphur springs in the drive-in volcano and tour the impressive Diamond Botanical Gardens and Waterfall. See the towering Pietons (these are volcanic plugs – the remnants of old volcanos) before heading back to your hotel.

Splendours of Soufriere - Experience the best of the southwestern coast of the island on a scenic drive through verdant vegetation and picturesque villages to the town of Soufriere. Soufriere is home to the mighty Pietons. Then, continue to Sulphur Springs and to Find Doux Estate, a 250-year-old plantation, where you will enjoy a sumptuous buffet lunch, before returning to your hotel.



Ask your travel agent for the Transat Holidays Sun Collection 2013-2014 and Nolitours Sun 2013-2014 brochure and go to www.transatholidays.com and www.Nolitours.com

Transat Collections

Everyone has slightly different priorities when choosing their holiday resort. If you are travelling with young kids, for instance, you will be looking for different facilities to a couple looking for a luxurious escape.......The experts at Transat Holidays have made it easy for you to find the perfect vacation that's right for you by creating the Transat "Collections".

Each Collection is made up of resorts in different destinations across the Transat program – but all the resorts have features in common that make them a great choice for, for example, families or golfers. Here is an overview of what each Transat Collection* has to offer.

Distinction Collection

Resorts in the Transat Holidays "Distinction Collection" offer extra inclusions and privileges. So you know this is going to be a bit more of a special vacation. Resorts are chosen for this Collection that are on stunning beaches with beautiful surroundings and that offer attentive service, superb facilities and spacious accommodation. Distinction Collection resorts come with a long list of inclusions:

- Direct transfers between the airport and the hotel (no stopping at other hotels on the way)
- Free WiFi in the lobby
- Welcome cocktail and cold towel in the lobby upon arrival
- Beach towels, bathrobes and slippers in room upon arrival
- Bottle of wine or local specialty in room upon arrival
- Unlimited select international brand drinks
- Mini-bar, restocked daily
- Concierge and turn-down service
- A minimum of 3 guaranteed reservations for à la carte dinners
- Golf or Spa discounts
- Free safety deposit box

Here are just two examples of Distinction Collection Resorts: Grand Bahia Principe La Romana Royal Garden, La Romana, Dominican Republic

Grand Bahia Principe Punta Cana Royal Golden, Punta Cana, Dominican Republic

Experience Collection



The "Experience Collection" brings unique ways to immerse yourself in the local culture. An Experience Collection "Duo" combines two different destinations in one vacation – for instance you could spend part of your vacation soaking up the sun on a beautiful beach, paired with exploring the cultural and historic attractions of a town or city.

Or book an Experience Collection "**Escapade**" for a two day adventure with one night away from your resort. Stay in authentic accommodation such as a traditional hotel, a hacienda or an ecolodge and explore the local towns, restaurants, wildlife and scenery.

Here are two examples of Experience Collection Resorts: Bahia Principe San Juan Club Golden, Puerto Plata, Dominican Republic

Grand Bahia Principe Akumal Royal Garden, Riviera Maya, Mexico

Luxury Collection

For the ultimate pampering and indulgence - check out the "Luxury Collection". Transat's Luxury Collection represents a world of upscale 5 star resorts offering tranquility and privilege in intimate settings. Expect elegant accommodations, picture-perfect beaches, outstanding service, gourmet cuisine and world class spas. Luxury Collection resorts come with all these inclusions:

- Free access to VIP airport lounge (where available)
- Private transfers between the airport and the hotel
- Free WiFi
- Luxurious accommodation with whirlpool or hydromassage bathtub
- Welcome bottle of champagne and fruit platter in room upon arrival
- Beach towels, bathrobes and slippers in room upon arrival
- Coffee maker with quality local coffee
- VIP room amenities
- 24 hr room service
- Concierge or butler service
- Waiter service at pool and beach
- Unlimited à la carte gourmet dining with fine wines
- Unlimited premium brand drinks
- Access to the spa facilities
- Complimentary upgrade to Option Plus (Air Transat) and CanJet Select (CanJet)

Here are just two examples of Luxury Collection Resorts:

Luxury Bahia Principe Cayo Levantado Don Pablo Collection, Samana, Dominican Republic

Paradisus Princesa del Mar Royal Service, Varadero, Cuba



Family Collection "Family Collection" resorts are perfect for kids. These resorts are carefully chosen by the experts at Transat Holidays because they have extensive family-friendly facilities, lots of activities for young and old plus they are great value and offer kid's discounts. With a Family Collection Resort you can expect: - Children stay and eat free (up to 2 children/family) - Most resorts are less than 1hr from the airport, so no long transfers - Spacious resorts with several pools, including one for kids - Double, triple and quad adjoining rooms - Priority check in at the hotel - Children's' entertainment - Kid's Club and Mini Disco - Kid's Menu - Free excursion for 1 child under 12 in every family per stay - Plus enjoy Family air services on your flight with dedicated check in, family pre boarding, priority baggage handling, free seat selection for kids, priority meal service, stroller service at Canadian airports and onboard kid's surprises Here are just two examples of Family Collection Resorts: Ocean Turquesa, Riviera Maya, Mexico Iberostar Playa Alameda, Varadero, Cuba **Golf Collection** If golf is a big part of your vacation experience – look no further than the Transat Golf Collection for golf friendly resorts offering accessible golf and everything from golf packages to discounts and green fees. Plus your golf clubs travel for free when you book a Transat Holidays package! Here are just two examples of Golf Collection resorts: Grand Bahia Principe Coba Royal Garden, Riviera Maya, Mexico Sandals Grande Riviera Beach and Villa Golf Resort, Jamaica **Option Flex** For even more peace of mind – consider Option Flex from Transat Holidays and Nolitours. For only \$49 at the time of booking, should anything unexpected happen, Option Flex has you covered. You can change your departure date, destination or hotel up to 3 hours before departure. You can transfer your vacation package to a friend or family member up to 7 days before departure. Or you can cancel your trip and get a full refund. For over 25 years, Transat Holidays has been offering a large selection Transat Background of vacation options in Europe, Florida and the south, as well as cruises.



	In addition to more than 200 south hotels available in the form of all-inclusive packages, Transat also offers a wide range of flights, packages, tours and à la carte products in some 30 European destinations. Their packages are flexible and tailored to stays of varying lengths. Their employees aim to exceed vacationers' expectations in order to maintain their position as a market leader here in Canada. They see their role as turning holiday dreams into reality: making the vacation experience of their guests one of the most memorable ever. Transat offer flights from East to West and all in between, such as Hamilton, Thunder Bay, Ottawa and from the West Coast.
Awards	Agent's Choice Awards: For the fifth consecutive year, Transat Holidays was named Wholesaler of the Year by travel agents in 2012.
Brochures	Transat Holidays Sun 2013-2014 and Nolitours Sun 2013-2014 brochures are available at your local travel agent and cover vacations through to October 2014. Also newly released are: Transat Holidays Florida Transat Holidays Cruise Transat Discoveries
Air Transat's New Comfort Zone	With so many new comfort features, you're on vacation the minute you take your seat. Air Transat is giving their fleet a full makeover. Starting in 2012, one by one, the planes and passengers are soaring to new heights in design and comfort. They are rolling out the new cabins over the next two years. For a glimpse of what it all looks like: http://www.youtube.com/watch?v=ZBse6WOCd70
Air Transat Kids Club	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 whilst 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. 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.
Air Transat Upgrades	Air Transat has added more legroom on all their aircraft, making the journey to and from your destination even more comfortable. They have also introduced a new Economy Class meal service on sun destination flights. Passengers flying south will now be welcomed onboard with a



	glass of champagno, while early marning passangers will be greated
	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.
Best Leisure Airline	Air Transat was named World's Best Leisure Airline at the Skytrax
	annual World Airline Awards, held at the 2012 Farnborough
	International Airshow, near London in the UK.
	Distinctions were based on a survey measuring the satisfaction of more
	than 18 million customers. Conducted over a 10-month period, this
	survey included over 200 airlines that were rated on 38 different aspects
	of the passenger experience. The study analyzed customer satisfaction
	for the Airline Passenger Experience, from check-in to boarding,
	onboard seat comfort, cabin cleanliness, food and beverages, onboard
	entertainment, and service of staff.
	In the past five years, Air Transat has gained other recognitions as a
	result of its numerous environmental initiatives. In 2011, the Company
	ranked first worldwide in the Atmosfair Airline Index environmental
	performance indicator, in the long-haul category. Air Transat also
	obtained the Platinum LEED-EB (existing building) certification for its
	headquarters, located within the Montreal–Trudeau airport site.
	Air Transat was recognized as the Best Charter Airline for the fifth
	consecutive year at the Agents' Choice Awards, which represents the
	largest sampling of travel agents in Canada. The airline also received
	the Family Friendly Airline Award, which acknowledges carriers that
	provide additional services and extra comfort to children & parents.
Transat	Transat has introduced a new compensation plan for clients affected by
Compensation Plan	an advanced flight schedule change on all South, Florida and Europe
Compensation i lan	flights, packages and cruises. This new policy applies to all bookings
	made with Transat Holidays.
	made with transactiondays.
	Applicable to schedule changes within 45 days of departure.
	Applicable to schedule changes within 45 days of departure.
	Sahadula ahanga of 2 to 12 haura
	Schedule change of 3 to 12 hours • Transat will offer a \$50 voucher for future travel.
	Transat will offer a \$50 voucher for future traver.
	Sahadula ahanga of 12 to 24 hours
	Schedule change of 12 to 24 hours • Transat will offer a \$75 voucher for future travel.
	Transac will offer a \$75 youther for future travel.
	Schodule change of 24 hours or more and cancelled flights
	Schedule change of 24 hours or more and cancelled flights
	Clients can cancel their flight and are entitled to a full refund in the
	event of a schedule change of 24 hours or more.
	• Transat will offer a \$50 voucher for future travel to clients who cancel.
	Transat will offer a \$100 voucher for future travel to clients who accept



	the date change.
	Clients who choose a product at a lower fare will be refunded the price
	difference, whereas clients who select a product at a higher fare will be
	required to pay the balance.
	Schedule change of 3 hours or less
	No compensation will be offered to clients experiencing a schedule
	change that is delayed or advanced by 3 hours or less.
Transat Club Class	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.
	Club Service
	Dedicated Club attendants
	Attentive, personalized service
	• Exclusive, spacious Club cabin
	Drinks & Snacks
	Welcome cocktails
	Complimentary non-alcoholic drinks, snacks and bar service
	Club Privileges
	Increased baggage allowance
	• 40 kg checked/15 kg carry-on
	Exclusive, rapid check-in counter in most airports Priority bearding
	Priority boarding Practical travel items (on Europe flights)
	Practical travel items (on Europe flights)Free headsets
	Canadian newspapers Camfort & Refinament
	Comfort & Refinement
	Wider, more comfortable leather seats
	More leg room Complimentary Sept Selections call 1,877,873,6738
	Complimentary Seat Selection: call 1-877-872-6728 Chains of recovered translations.
	Choice of gourmet meals Chaice of wine and record
Outing Disc	Choice of wine and more
Option Plus	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:
	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

The cost is \$79-\$119 for southbound destinations and \$99-\$209 for European destinations as at November 2013

Transat and Sustainable Tourism

Transat recognizes the prime importance of the environment, host communities, cultural diversity, and their relationships with their employees, customers and partners. Transat is firmly committed to the responsible development of the tourism industry, and has adopted the following definition of sustainable tourism:

"Sustainable tourism entails respect for nature, as well as for host communities and their values; it combines positive socio-economic benefits for local populations with an enriching experience for travellers."

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 has 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: http://www.airtransat.ca/en/Info/the-environment-its-everyones-business.aspx?ExitID=69&ContentType=voyageur

Eco-responsible certified hotels

Transat urges its hotelier partners to excel in social and environmental responsibility, and formally recognizes the efforts of accommodations that commit to certification in this area. Certified establishments must maintain performance levels to continue using such labels. The indicators used vary depending on the certification scheme, but many certification organizations have begun aligning their benchmarks with the Global Sustainable Tourism Criteria.

To help you make an informed choice when you take your next vacation, Transat list six certifications for hotels and beaches. You can also find certified hotels by searching by destination.

Certifications for hotels

- 1. Biosphere Responsible Tourism
- 2. Green Globe
- 3. Green Key
- 4. ISO 14001
- 5. Travelife

Certification for beaches

6. Blue Flag



Gift Certificates	Here's your chance to make a loved one's dream come true. With Transat gift certificates you can offer the gift of travel from packages to car rental. Transat gift certificates are valid on all Air Transat, Nolitours, or Transat Holidays products in their brochures. They can be redeemed at a travel agent's office at the time of reservation. To order your gift certificates call 1-800-322-6649.
2013 Hurricane Policy	Nolitours and Transat Holidays provide you with true peace of mind. Vacationers can travel secure in the knowledge that you will be protected should a hurricane affect your destination city in Florida, Mexico, the Caribbean or Central America. This Nolitours/Transat Holidays policy covers reservations for departures between June 1 and November 30, 2013. If the conditions stipulated in the policy are met, you may choose one of these four options: 1. Travel at a later date
	2. Travel to another destination city3. Travel to the booked destination city4. Cancel with a full refund in credit vouchers
Nolizone	Nolitours' lively noliZONE was specifically created for travellers who would like to step outside their resort, meet new people and really get to know their destination. With tons of fun activities throughout the day and night, your biggest dilemma will be deciding what to do next. Introduced in 2011, the It Zone in Puerto Plata was so successful that this concept has been launched in other destinations. Their noliZONE representative will always keep you informed on upcoming activities and events, and you can also visit www.nolizone.nolitours.com to get the latest news and updates on what is going on in the noliZONE.
Social Media	Stay in touch with Transat and Nolitours at their two Facebook sites: http://www.facebook.com/airtransat http://www.facebook.com/nolitours
Groups	Group rates are available – as few as 10 adults make up a group. Talk to your travel agent to check the current details of Transat's group deals.
Transat Discoveries	This is Transat's program to the exotic destination of your dreams! It features: - international flights on scheduled airlines like Cathay Pacific, Air France, KLM, South African Airways, Air Canada and LAN - 4 star accommodation (some 3 and 5 star) and transfers - Small-group tour with English-speaking guide - Unique experiences with most meals and excursions included For more information contact your travel agent and view the tour itineraries in the brochure or at www.transatdiscoveries.com Here are some of their destinations they offer: - Beach stays in Thailand and Vietnam



	 - Health retreats in Tunisia and Morocco - Diving in the Red Sea and Galapagos Islands - Overland safaris in Kenya and Tanzania - More options in over 40 countries.
Current Deals Nov 2013	One child under 17 stays and eats free at the Smugglers Cove Resort and Spa where the adult prices range from \$1249 to \$1649 There are also free weddings at several of the Transat hotels.