

SUGAR BEACH

A VICEROY RESORT • ST. LUCIA



ADVENTURES & TOURS

ABOUT ST. LUCIA

St. Lucia, just 14 miles wide and 27 miles long, is a jewel of an island with so much to offer. It is volcanic in origin and was formed some 50 million years ago—hence it’s dramatic undulating topography and natural beauty. The island is mountainous and lush with hidden waterfalls, abundant rainforests, sandy beaches and amazing scenery along with a fascinating history.

It is referred to as the “Helen of the West” having changed hands some 14 times between the French and the English with both nations leaving their mark on the island’s heritage and culture during her war-torn history. The two coastlines are quite different; the east with the Atlantic Ocean offers a dramatic contrast to the calmer and more tranquil Caribbean Sea on the west coast.

This beautiful island can be explored by land, sea and air. It would be a shame to come this far and not take time to discover all of the tucked away treasures St. Lucia has to offer. A wide variety of exciting activities are available allowing travelers to explore and discover the many natural wonders of the island—with or without a kick of thrill-seeking adventure.

MAP OF ST. LUCIA



RUSTIC PLANTATION TOUR

Enjoy an exhilarating nature tour of the Morne Coubaril Estate and learn about some of the island's major export crops. Tour the old working sugar plantation and explore the many wonders of this charming rustic plantation.

Try lunch at another 18th century working cocoa plantation serenaded by birds and with a chance of experiencing the famous cocoa bean dance.

Extra fees apply for lunch.

Tips:
Wear breathable/comfortable clothing and walking shoes.
Bring along camera, sunscreen.



GROS PITON HIKE BY LAND

The Gros Piton hike is a thrilling experience unlike any other. Gros Piton is one of St. Lucia's two, UNESCO World Heritage listed volcanic mountains standing a remarkable 2,619 feet above sea level. Drive to the hike start at the village of Fond Gens Libre (about a quarter of the way up the lower slope of the mountain). Trek through verdant rainforest and clamber over moss-covered boulders on this intense but rewarding hike. When you've arrived at the top, the majestic views of the island are worth the exertions.

After an exhilarating climb, stop at Au Poye (White Cedar) Park for a breath-catching moment amidst the local flora located just before you reach Fond Gens Libre (Valley of the Free People) and the trail's end. Nothing beats a cold Piton beer or fresh juice after sweating it out in pursuit of the summit.

Be sure to bring a few dollars for purchases. Your driver awaits at the end of the trail to take you back to Sugar Beach driving past old working plantations, cocoa trees and fields.

Tips:

This hike is very strenuous. If you have any health conditions, are pregnant, injured or have disabilities, then it is advised NOT to go out on this tour.

Wear comfortable walking shoes and breathable athletic wear. Carry plenty of water and a snack such as a banana or cereal bars. Bring along camera, sunscreen, insect repellent.



GROS PITON HIKE BY SEA

A fifteen-minute boat ride via water taxi will take you to the sea-level base of Gros Piton where this hike starts. The hike lasts approximately three hours and is strenuous. Be captivated by the breathtaking views of Petit Piton, St. Vincent and the south of the island from the summit of Gros Piton.

After the hike, take a dip in the cool Caribbean sea , you can truly say you conquered the full 2,619 feet of the Piton from its base to its summit

Tips:

This hike is very strenuous. If you have any health conditions, are pregnant, injured or have disabilities, then it is advised NOT to go out on this tour.

Wear comfortable walking shoes and breathable athletic wear. Carry plenty of water and a snack such as a banana or cereal bars. Bring along camera, sunscreen, insect repellent.



ISLAND SHOPPING ADVENTURE

Enjoy a tropical drive to St. Lucia's capital, Castries, along the west coast road, while visiting intriguing venues and look-out points such as:

1. La Plas Kassav, to enjoy freshly made cassava bread.
2. St. Lucia Distillers, the home of Bounty Rum and Chairman's Reserve for an insightful and exciting "rum" tour.
3. One of the duty free shopping malls in the capital city of Castries.
4. Marvel at the creative pieces and the hand crafted art work at the Eudovic Art Studio.
5. Enjoy lunch at a local restaurant of your choice in the city.

Tips:

Wear comfortable clothing and walking shoes.

Bring along camera, travel ticket and passports for duty free shopping.



SATURDAY MARKET TOUR

Share an exciting day with the locals, starting with an express boat ride to the Soufriere Market. Shop around for items such as locally grown fruits and produce, island treats, souvenirs, or uniquely designed craft from Zaka Arts. On the boat ride back to Sugar Beach, take a quick detour to view the Soufriere bat cave.

Minimum Number of Persons: 4
Tour Availability: Every Saturday
Time Duration: 7:30am–9:00am

Tips:
Wear breathable/comfortable clothing and walking shoes.
Bring along camera, sunscreen.



EXPLORE SOUFRIERE

With lush green foliage, exotic gardens, and waterfall hideaways, take a thrilling sightseeing adventure and explore the tropical essence of Soufriere. This exciting tour includes a trip to our botanical gardens, a visit to our drive-in volcano and revitalizing mud bath at the Sulphur Springs, a cool and refreshing bath at the Toraille Waterfall, and tasty refreshments at The Beacon restaurant serving delicious Caribbean cuisine.

Minimum Number of Persons: 4

Tour Availability: Daily

Time Duration: 9:00am to 1:00pm

Tips:

Wear comfortable clothing and shoes.

Bring along camera, sunscreen, swimsuit.

If you plan to take a mud bath, wear dark colored swimming attire as the mud can turn lighter items grey or black.

Leave jewelry and silver in particular, in the safe back at the resort.



ISLAND BUGGIES ADVENTURE

Southern Sights • Time: 8:00am to 10:00am

A thrilling and unique perspective to see the town of Soufriere and all the lush and natural beauty of the west coast. Catch a glimpse of St. Vincent as the tour includes a few photo stops when passing through the rural communities nearby the twin peaks of the Pitons. Travel back past the drive-in volcano in Soufriere and Mount Gimie, to the buggy base and Sugar Beach.

Soufriere Safari • Time: 11:30am to 3:30pm

Jump in a 2 or 4-seater buggy and see St. Lucia's premiere tourist destination. Explore the entire Soufriere Basin and the historic village of Choiseul, discovering our diverse culture. The back roads offer great views of Gros Piton from the southern side. A few stops include: Tet Paul Nature Trail, viewing points for Petit Piton, lunch at The Beacon restaurant, then a short drive to the world famous drive-in volcano, to take a dip in the mineral-rich mud. After, drive to Toraille Waterfalls for an exhilarating swim, dry off and then journey back to Sugar Beach.

Drive and Fly • Time: 9:00am to 3:00pm

See the entire south coast of St. Lucia travelling through Vieux Fort and up the east coast past the village of Micoud. One left turn when you get to Dennery, and you're at Treetop Adventure Park—home to the 12 longest, highest and fastest ziplines on the island. After a wild ride through the treetops, lunch and a quick drink, it's off again back down the coast, through Vieux Fort to Soufriere along the west coast highway, to the buggy base and Sugar Beach.

Tour Availability: Daily • Minimum Number of Persons: 4

Tips: You will be driving an open air buggy (2 or 4 seats). Driver must be at least 23 years old and possess a valid driver's license (One St. Lucian driver permit included in price) and must have experience with manual transmission. Passengers must be at least 6 years old.

Tour includes: one driving permit, beverages, entrance fees and/or lunch (where applicable). Bring along sunscreen, sunglasses and cash for tipping and purchases if desired.



CANOPY ZIPLINE ADVENTURE

This is an exhilarating adventure, combining the adrenaline rush of zipping through the treetops in the shadow of Petit Piton, with elevated views of the historic town of Soufriere and the Caribbean Sea. While you whizz safely between giant banyans, your experienced guides keep you informed of the eco-system and the spectacular views to look out for. Eight zip cables move you effortlessly through the estate where you can take your own air-borne photos of the Piton and town, before being carried into a canopy of banyan, coconut, plum and mango trees and across a bamboo-shaded gorge.

Minimum Number of Persons: 4
Tour Availability: Daily

Tips:
Wear breathable/comfortable clothing and walking shoes.
Bring along camera and sunscreen.



ATV BIKING

For those seeking an adrenaline rush, top of the line Yamaha Grizzly ATVs and a network of great riding trails await you. The tour guide will take you on a ride through streaming rivers and waterfalls, past historic plantations, lush farms and valleys, over the 'Devils Bridge' and past other off the beaten path areas that are only accessible with an ATV.

Delicious morning or afternoon refreshments are also served along the way.

Minimum Number of Persons: 4

Tour Availability: Daily

Time Duration: 9:00am to 1:00pm

Tips:

Wear comfortable shoes and breathable clothing.

Bring along camera, sunscreen, swimsuit, insect repellent and cash for purchases if desired.



HORSEBACK RIDING

What more exciting way to explore the lush vegetation and beautiful natural sights of Soufriere than on a well-trained noble steed? We offer three, fun-filled and enticing horseback riding tours to suit your personal preference.

The Estate Ride is an hour long and consists of trails throughout the Coubaril Estate viewing the Carib village, enjoying Piton and volcano views, riding through the mango orchard and past many cocoa, soursop and papaya trees. The processes for producing coconut, cocoa and sugar products are also viewed on this tour.

The Volcano Ride is two hours long and consists of the Estate Ride as well as a ride to the volcano where the guests may choose between a Sulphur Spring mud bath or a guided tour of the volcano. All entrance fees are included.

The Adrenaline Ride is a two-hour tour combining our one-hour Estate Ride with an hour Zip line Tour. Perfect for those looking for a day of action and adventure.

Tips:
Wear Comfortable clothing and shoes.



WHALE AND DOLPHIN WATCHING

Only a few miles offshore Soufriere is the most popular spot for whale and dolphin watching. Over 70% of the sightings are off the famous Pitons and the fishing village of Canaries. St. Lucia has its fair share of resident and visiting cetaceans. Pods of spinning and spotted dolphins and Pilot, Sperm and Orca whales may be seen in our waters. The success rate of sightings is high (but not guaranteed) so join us for this natural experience and feel the thrill as they break the surface of the water.

Tips:

Motion sickness medication if needed.

Casual/ Tropical Attire

Bring along camera, sunscreen lotion.



RAINFOREST HIKE

BIRD WATCHING

The En Bas Saut trail is set within the 19,000 acres of St. Lucia's Central Rainforest Reserve, six miles East of Soufriere at the foot of the highest mountain, Mount Gimie. The trail is 2.5 miles (5 km) long, remote, wild and unbelievably scenic, meandering through a combination of rainforest, cloud forest and elfin woodlands.

There is also a stunning waterfall and pool. Birds common to the area include the St. Lucian Parrot, the St. Lucia Black Finch, the Blue-hooded Euphonia and Mountain Whistler.

The hike is approximately 90 minutes.

Tips:
Casual/ Tropical attire and comfortable shoes/sneakers
Bring along camera and or binoculars, insect repellent.



DEEP SEA FISHING

Enjoy sport fishing in St. Lucia with the experienced and friendly crew on these well-equipped boats. Commonly hooked fish include Blue Marlin, Sailfish, Tuna, Wahoo, Kingfish and Dorado.

Our chef will be delighted to create a menu centered on your catch of the day (fees apply).

Minimum Number of Persons: 4

Tour Availability: Daily

Time Duration: 8:00am–12:00pm

Tips:

Motion sickness medication if needed.

Casual / Tropical Attire

Bring along camera (waterproof if possible), sunglasses and towels.



SUPERMAN WATERFALLS

A moderate and educational hike among lower mountain forest and fruit bearing trees will take you to a hidden treasure that many have longed to visit since 1980.

The 70 ft Superman waterfall cascades into a pool where you will have a refreshing swim and mud bath. Fresh local juice and seasonal fruits will be served after your mud bath.

Minimum Number of Persons: 4

Time: 9:00am to 12:00pm

Tips:

Wear breathable/comfortable clothing and walking shoes.
Bring along camera, swim wear, towels, sunscreen.



TET PAUL NATURE HIKE

Nestled on six acres of lush, verdant land in the farming community of Chateau Belair, this hike is rated as moderate and should take 45 minutes to complete depending on pace.

The trail boasts some of the most spectacular views of the south of the island, Val des Pitons, the Pitons as well as Martinique and St. Vincent on clear days. Along the way, the traditional Amerindian art of farine and cassava production will be explained.

The guide will also highlight a wide variety of exotic fruit trees (guava, soursop, avocado) as well as medicinal plants and trees.

Minimum Number of Persons: 4

Tour Availability: Daily

Duration: 45 minutes

Tips: Wear breathable/comfortable clothing and walking shoes. Bring along camera, sunscreen.



WATER SPORTS

SNUBA DIVING

Enjoy the thrill of scuba with the ease of snorkelling. Now you can relax and experience the fun of breathing underwater without heavy equipment. Swim as deep as 20 feet for an up-close look at the diverse and colourful sea life in St. Lucia's crystal clear waters, and return to the surface at any time.



SCUBA DIVING:

The beautiful turquoise seas and breathtaking bays of St. Lucia are enough to make anyone want to suit up and immerse themselves in this underwater paradise. Sugar Beach is lucky to have one of the the top diving sites on the island just offshore and offers residents and guests the opportunity to see the myriad of creatures that live in this undersea world.



MANATEE SAIL

CHAMPAGNE SUNSET MANATEE SAIL

Enjoy a wonderful sunset sail on board Manatee with Champagne and a lovely selection of canapes for a maximum of 8 persons. For those looking for a serene, romantic experience, it's the perfect date night.

Time: 4:45pm to 6:30pm

Tour Availability: Mondays, Wednesdays and Saturdays

Tips:

Motion sickness medication if needed. Casual/ Tropical Attire
Bring along camera and insect repellent.



FRAME YOUR SUGAR MOMENTS

Sugar Beach, A Viceroy Resort is nestled in one of the most picturesque locations in the world offering a multitude of backdrops to capture postcard perfect moments with your friends and family.

So why not take advantage of our stellar location by hiring a professional photographer to capture wonderful memories of your stay.

Whether you're celebrating a special occasion or simply enjoying family time, Sugar Beach is yours to explore. Select a location and let the camera do the talking from our white sand beaches, sunset deck and rustic rainforest walk, to the beautifully manicured grounds, Sugar Mill ruins or even the deck of your private villa.



SAINT LUCIA PHOTO SAFARI

If you have a digital camera, love photography but mostly shoot in Auto Mode then the St. Lucia Photo Safari is an absolute must-do tour for you.

Come discover what all those buttons on your digital camera can really do, then venture into the heart of Soufriere with your photographer guide to experience the heartbeat of the town as you practice your new-found skills.

The Photo Safari is a multiple Trip Advisor Certificate of Excellence winner and is ideal for beginner to advanced photographers.

This tour is more than just about photography and is perfect for spouses or travel companions even if they won't be taking any pictures.



TOUR PRICES

<u>TOUR</u>	<u>PRICE \$US</u>	<u>TIME</u>	<u>PAX</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Rustic Plantation Tour	70.00	1 hour long	2	•	•	•	•	•	•	
Gros Piton Hike By Land	100.00	8:00am to 1:00pm	4	•	•	•	•	•	•	•
Gros Piton Hike By Sea	150.00	8:00am to 1:30pm	4	•	•	•	•	•	•	•
Island Tour & Shopping	140.00	9:00am to 3:00pm	4			•		•		
Saturday Market Tour	50.00	7:30am to 9:00am	4						•	
Explore Soufriere	80.00	9:00am to 1:00pm	4	•	•	•	•	•	•	•
Island Buggies Adventure										
*Southern Sights	135.00	8:00am to 10:00am	2	•	•	•	•	•	•	
*Soufriere Safari	185.00	11:30am to 3:30pm	2	•	•	•	•	•	•	
*Drive & Fly	200.00	9:00am to 3:00pm	2	•	•	•	•	•	•	
Canopy Zip Line Adventure	120.00	10:00am to 12:00pm	2	•	•	•	•	•	•	•
ATV Biking	160.00	9:00am to 1:00pm	4	•	•	•	•	•	•	•
Photo Safari	295.00	10:00am to 3:00pm	2			•				
Horseback Riding										
*Estate Ride	100.00	1 hour long	2	•	•	•	•	•	•	•
*Volcano Ride	140.00	2 hour long	2	•	•	•	•	•	•	•
*Adrenaline Ride	160.00	2 hour long	2	•	•	•	•	•	•	•

* Remember to carry along a small amount of cash for any drinks, snacks or special wonders that may capture your attention.

* Extra fees apply for tours without a minimum of 4 persons.

* A 50% cancellation fee is applicable to all activities cancelled less than 24 hours before scheduled time.

TOUR PRICES (Continued)

<u>TOUR</u>	<u>PRICE \$US</u>	<u>TIME</u>	<u>PAX</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Deep Sea Fishing	130.00	8:00am to 12:00pm	4	•	•	•	•	•	•	
Snuba	95.00			•	•	•	•	•	•	
Manatee Champagne Sail	120.00 (per person)	4:45pm to 6:30pm		•		•			•	
Superman Falls	80.00	9:00am to 12:00pm	4	•	•	•	•	•	•	•
Tet Paul Nature Hike	70.00	9:00am to 3:00pm	4	•	•	•	•	•	•	•
Whale and Dolphin Watching	80.00	9:00am to 11:30am	4	•		•		•		
Rainforest Hike/Bird Watching	140.00	8:00am to 12:00pm	2	•	•	•	•	•	•	•

* Remember to carry along a small amount of cash for any drinks, snacks or special wonders that may capture your attention.

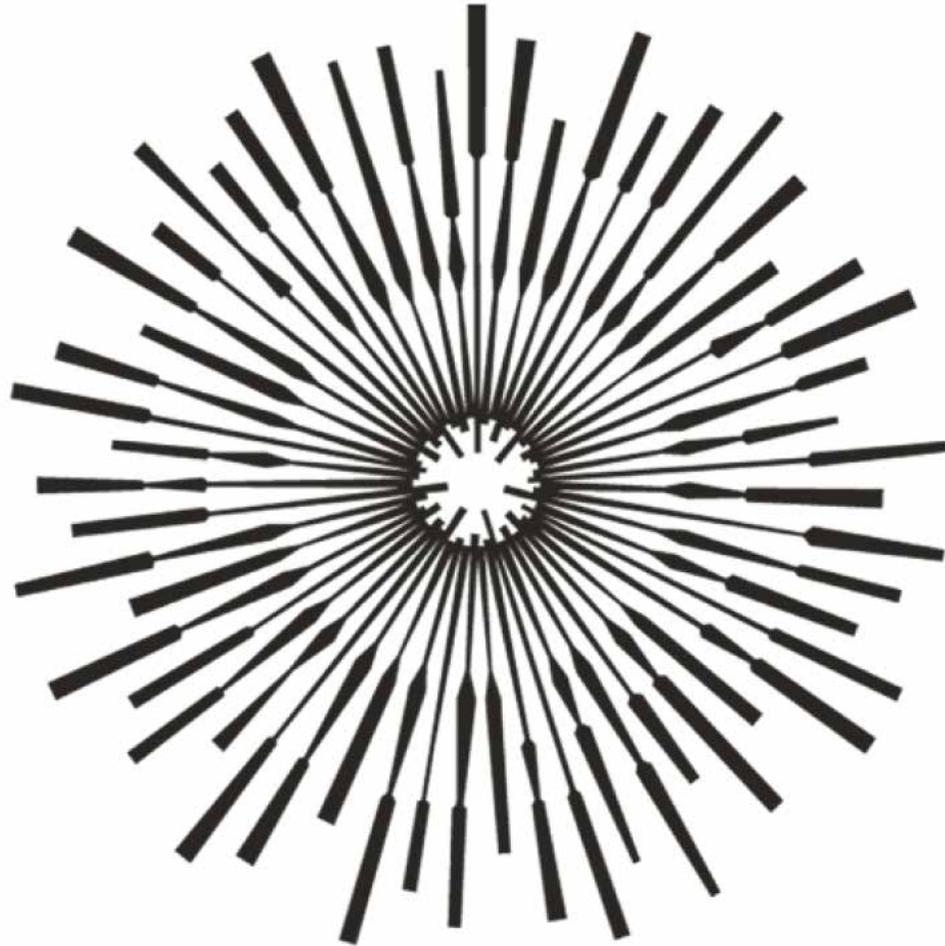
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* A 50% cancellation fee is applicable to all activities cancelled less than 24 hours before scheduled time

ESPECIALLY FOR YOU

Although we offer a wide range of pre-set tours, we also invite you to **CREATE YOUR OWN PRIVATE EXPERIENCE**. Our tropical island is your playground to explore. Whether you want to keep it romantic and relaxing, feed your inner adventurer with adrenaline-fueled fun, or just spend a relaxed day out reconnecting with your family, we can put together an itinerary just for you. Zip-lining, snorkeling, open top safari jeep adventures, horseback riding, waterfalls, restaurants, mineral baths, rum tasting and more can all be arranged.





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