



AN AUTHENTIC LUXURY BOUTIQUE RESORT



Exclusive Experiences



LIFE IS EITHER A *great*
adventure OR NOTHING

Monday

EXCLUSIVE BOAT TRIP TO THE PITONS, ST LUCIA'S WORLD HERITAGE SITE

8:30AM - 4:30PM | US\$90 PER PERSON
SIGN UP AT RECEPTION BEFORE 4:00PM ON SUNDAY

Join Captain "Nico" on what we believe to be the "must experience" day trip on the island. Let us take you on a coastal cruise ending in Soufriere with a close-up view of the majestic Gros and Petit Piton from the sea. Then enjoy a refreshing dip in the Toraille Falls a stunning waterfall fed by the rainforest springs. From there you can choose to visit either St Lucia's drive-in Volcano or experience the Hot Sulphur Mud Bath before boarding the boat again for lunch and enjoy a stop to swim and snorkel at Anse Cochon.

*Meet at reception at 8:30am to depart, you will be transferred by bus to the Rodney Bay Marina to meet the boat. **What to Bring:** Flip flops or beach shoes, swimming costume, sun screen, change of clothes, we provide towels & snorkelling gear.*

GARDEN TOUR

10:00AM - 11:30AM

WEEKLY MONDAY - FRIDAY

Tour the gardens at East Winds with the resort's Naturalist this morning this afternoon for an in depth look at the many different species of plant life that share the resort with you. This tour can overrun depending on the number of questions from guests!

Meet at Reception.

MANAGERS COCKTAIL RECEPTION

6:30PM - 7:30PM

Meet fellow guests and socialise with the East Winds team this evening and enjoy a glass or two of champagne and a selection of homemade hors d'oeuvres. Harry Edwards Jewelers will be present from 6:15pm - 7:30pm.

A small selection of jewellery will be on display and any purchases can be charged to your room.



Tuesday

PILATES WITH NIKITA

8:00AM – 9:00AM

Join Nikita at our yoga studio for this morning's Pilates class. For those of you who have not tried Pilates yet, it is a practice for whole body fitness which can help with many medical ailments and injuries. It creates strength without bulk and increases flexibility. Pilates is most commonly known to develop core strength and improve posture but can also promote weight loss and a long, lean appearance. Nikita's class is suitable for all ages and abilities.

GUIDED WALK WITH SIMEON

8:30AM – 9:30AM

Take a guided walk with Simeon through our local community. See local plants and fruit trees and meet our residents. See chickens, goats and horses and learn about local medicinal plants that are found along the way. A great opportunity to learn an alternative jogging route around the hotel.

Meet Simeon at Good Vibes, no need to sign up in advance.

***What to Bring:** Water and comfortable shoes.*

Don't forget your camera.



BREATH-TAKING VIEWS TOUR

9:30AM – 1:30PM | US\$80 PER PERSON

MEET AT RECEPTION AT 9:30AM TO BOARD THE TRANSPORT

Visit the lush gardens and the exceptional orchid house of Stony Hill, one of Saint Lucia's most beautiful, yet undiscovered attractions. Here you will enjoy locally made cakes, a cooling drink and the panoramic view over Rodney Bay Marina. Learn about unusual plants grown at Stony Hill and see the extraordinary man-made waterfall and landscaping. Then we move onto Pigeon Island one of the most significant landmarks in the North of St Lucia and a National Trust historical site. Wander through the island guided by Simeon and if you can manage a gentle climb to the top, visit Fort Rodney – built by the English Admiral Rodney when he was defending St Lucia from the French.

Includes shuttle, and entrance to both locations.

Sign up at Good Vibes before 4:00pm on Monday.

Meet at Reception at 10:15am to board the transport.

***What to bring:** Comfortable shoes, camera, sunscreen, hat. Cool drinks are provided.*

RUM TASTING

7.00PM – 7.30PM

Come join us for Rum Tasting. Learn how the local rum is made and sample some of St. Lucia's best rum and rum drinks. Work out which ones are your favourites from the wide choice at East Winds bar.

Meet in the Bamboo Lounge.



Wednesday

YOGA WITH JILL

8:00AM - 9:00AM

Join Jill at our yoga studio for her morning yoga class. Unlock your potential to move toward a lighter, more enjoyable, and natural experience in your yoga practice. Jill will show you how to explore each pose—intelligently and systematically—beginning with the feet. Yoga can help you to find alignment, balance and harmony of the body, brain and mind. Jill's classes are suitable for all ages and abilities.

RAINFOREST AERIAL TRAM ADVENTURE

9:30AM - 1:30PM | US\$100 PER PERSON

Discover the beauty and nature of the upper layer of the rainforest in an open-air Gondola accompanied by an experienced guide. Enjoy the breath-taking view as you ascend through the forest fauna and flora, spotting birds and wildlife along the way. Experience the tree top canopy of the unique rainforest environment and discover what makes St Lucia so green and special.

Book by 4pm on Tuesday and meet at Reception at 9.30am.

***What to bring:** Comfortable shoes and outdoor wear, insect spray.*

You will be most comfortable wearing long trousers or shorts.

Enjoy the special sounds of the live steel band music during lunch today!



HORSEBACK RIDING

2:00PM - 4:00PM | US\$80 PER PERSON

Horseback riding in the beautiful Lucian countryside and coast, swim with the horses on a remote beach in the North of the island with dramatic coastal scenery. Take a few dollars with you to buy a drink at Marjorie's on the beach.

Book by 4pm on Tuesday and meet at Reception at 1.30pm.

What to bring: Sunscreen, swimwear, comfortable shoes and outdoor wear, insect spray. A few dollars for drinks or snacks. You will be most comfortable wearing long trousers or shorts.

EAST WINDS COOKING CLASS

4:00PM - 5.00PM

Learn something new this afternoon with local Chefs Harry or Linton. Learn to cook local dishes using Caribbean ingredients and produce from our own kitchen garden. You will have the opportunity to taste the finished product.

Meet at the restaurant buffet area at 4pm.

CHAMPAGNE COCKTAILS

7.00PM - 8.00PM

Spend some time with the East Winds Bartenders and choose from an array of special pre-dinner cocktails each made with Champagne. Your choice of another cocktail or beverage is always available.



Thursday

BEAN TO BAR – CHOCOLATE MAKING

9.30AM – 1:30PM | US\$120 PER PERSON

Visit the wonderful Howelton Estate and meet local chocolate makers who will take you through the process of transforming roasted cocoa beans into your own edible chocolate bar. This 45-minute process will give you the skills to make your own chocolate at home. Learn about the history of the cocoa bean and how it originally came to St Lucia. Take the opportunity to do some Duty-Free Shopping.

Minimum people 4, Sign up at

Good Vibes by 12:00pm on Wednesday.

What to bring: Passport or photo ID for shopping.

GARDEN TOUR

10:00AM – 11:30PM

WEEKLY MONDAY - FRIDAY

Tour the gardens at East Winds with the resort's Naturalist this morning this afternoon for an in depth look at the many different species of plant life that share the resort with you. This tour can overrun depending on the number of questions from guests!

Meet at Reception.



STEELBAND MUSIC DURING LUNCH

THURSDAYS & SATURDAYS

The Caribbean is famous for its culture and music and at East Winds we invite many different genres of island musicians in to entertain you and showcase the wide variety of music enjoyed on the island. Every Thursday and Saturday we have a special treat for you, our award-winning Steel Pan Band will play a wide variety of music, old and new to entertain you during lunch. The band has several generations of drummers playing together and a couple of the band members have been coming to East Winds since they were very young to develop their skills and entertain our guests. The band has won Battle of the Bands several times and are famous in Saint Lucia. So, sit back have a cocktail and enjoy the fun.

EXCLUSIVE SUNSET CRUISE

4:00PM – 7:00PM (WINTER)

AND 4.30PM – 7.30PM (SUMMER) | US\$90 PER PERSON

Enjoy beautiful island views from the serenity of the Caribbean Sea while enjoying great company, your favourite cocktail or champagne, and a selection of appetizers prepared specially for our Sunset Cruise on board the Southern Breeze, our luxurious catamaran. Your shuttle to Rodney Bay departs from Reception at either 4:00pm or 4.30pm and returns to the resort by 7:30pm. Limited spots available please book early.

Minimum 8 people. Sign up at Good Vibes by 12:00pm on Thursday.

***What to Bring:** Wear casual clothes and comfortable shoes that are easy to remove. Don't forget the Camera to capture the green flash at sunset.*





Dreamers CHART THEIR
OWN COURSE AND *destiny*



Friday

YOGA WITH JILL 8:00AM - 9:00PM

Join Jill at our yoga studio for her morning yoga class. Continue to develop your yoga practice and develop your potential to move toward a lighter, more enjoyable, and natural experience in your yoga practice. During your holiday, Jill will show you how exploring each pose—intelligently and systematically—beginning with the feet, can help you to find alignment, balance and harmony of the body, brain and mind. Suites all ages and abilities.

FLAVOUR OF ST. LUCIA TBA | ADULTS US\$120 CHILDREN US\$75 PER PERSON

Explore the island's creole cuisine, through a specially designed Cooking Tour. Learn how St. Lucian folklore blended a fascinating number of herbs, fruits and vegetables, into an array of cooked foods that must be tasted to be believed. Participate in the preparation of the various dishes. Get involved in the process by trying your hand (if you wish) under the guidance of our expert island chef. See the transformation take place right before your very eyes, before enjoying the tasty dishes. Take home not only fond memories of this authentic "Island Cooking Experience" but also those of a relaxing walk through the beautiful on site garden, replete with tropical fruits, flowering plants, a local medicinal garden and more. A Hands On, Informative, Relaxing and Educational experience for all.



THE ESSENCE OF ST. LUCIA

TBA

Stroll through the immaculate gardens of Greenwood Terrace where you will learn about a multitude of tropical fruits, trees and flowering plants. See a variety of medicinal herbs and learn how our St. Lucians have used their healing properties throughout the years. Travel back in time as you witness artefacts such as the “Platene” used in Farine & Sugar making. See an “Old Styled Fowl Coop” (Hen House), traditional outdoor cooking place and a “Stone Oven” used for baking bread. Learn intriguing facts about our Traditional Creole dress and try on the Headwear. View a brilliant display of historic items, all found in our on-site “Mini Museum”. Sample a variety of tropical fruits, local treats and rums as your tour comes to a close. An excellent family excursion.

PRE-DINNER BEACH PARTY

7:00PM – 8:00PM

Enjoy island inspired bar-b-q hors d'oeuvres, celebrate with our Social Coordinator Simeon, and take part in our Bartender's Weekly Cocktail Competition where you choose the winner for the week. Come prepared to sample their newest creations from the bar and help us chose the Cocktail Champion! Followed by the Land and Sea Bar-B-Q where you can watch our team prepare your food at our outdoor BBQ pit and enjoy a lively, casual evening with the sounds of local island music.



Saturday

PILATES WITH NIKITA **8:00AM - 9:00AM**

Join Nikita at our yoga studio for this morning's Pilates class. For those of you who have not tried Pilates yet, it is a practice for whole body fitness which can help with many medical ailments and injuries. It creates strength without bulk and increases flexibility. Pilates is most commonly known to develop core strength and improve posture but can also promote weight loss and a long, lean appearance. Nikita makes the class fun and interesting and focuses on your individual strengths and weaknesses to make a difference in a short time.

EXCLUSIVE SHOPPING TRIP **10:30AM - 1:00PM | US\$30 PER PERSON**

We are pleased to offer our guests a shopping trip to several of the top shopping spots in St. Lucia. Start with a visit to the Pink Plantation House for some of the island's most sought after handmade pottery followed by a trip to Eudovic Art Studio, St. Lucia's leading sculpture in wood there you will see magnificent art on display. Our stunning sculpture in the Bamboo lounge was made by the Eudovic studio, ask Simeon about the subject of the sculpture or ask Judith on Monday evening! Also, take in the view from Mount Fortune on your way back. Finally stop off at the local craft market in Castries to see the meat, fish and vegetable market and browse the souvenir stalls. Cool Beverages will be provided on the shopping shuttle.

Sign up at Good Vibes by Friday at 4pm.



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SNORKELING TOUR

1.45PM – 3.30PM | US\$120 PER PERSON
(MIN 4 PEOPLE)

Join us on a snorkelling tour to one of St Lucia's quiet northern coves and marvel at the amazing world beneath the Caribbean Sea where you will be able to spot a huge variety of fish, coral and sea creatures.

Meet at the bandstand in front of the restaurant 1.45pm.

***What to bring:** Sunscreen and towels and pick up your snorkelling gear at the water sports hut on the beach.*



Sunday

REST DAY

Enjoy a relaxing day on the beach or visit reception to learn of other East Winds handpicked day trips around the island. We can create any kind of individual and personalised trip you may want.

Visit our Front Office should you wish to visit a place of worship today.

EAST WINDS GARDEN SPA

The Philosophy behind the East Winds Garden Spa is to stay at one with nature. In our beautiful and ancient tropical garden, we grow many medicinal plants and herbs. At East Winds, we care about the environment and avoid using any harsh chemicals on your skin, preferring instead to focus on natural organic treatments using ingredients from the environment around us to relax, rejuvenate and energise you. Both inside, and out.

Relax – using Age-Defying Hibiscus

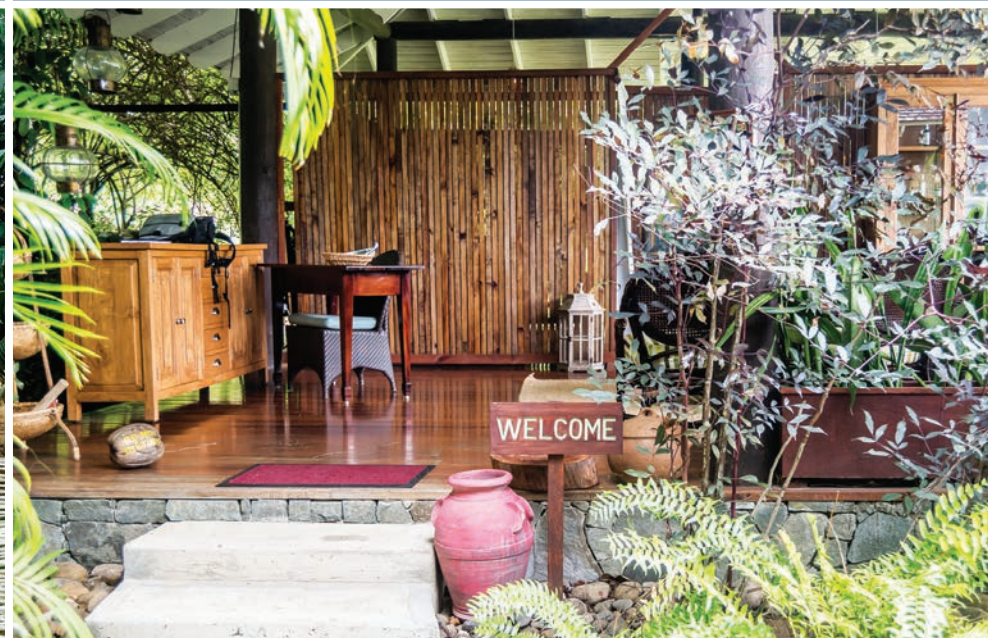
Rejuvenate – with Soothing Aloe

Energise – rosewood, geranium and orange

The Garden Spa is open from 9am to 5pm Monday to Saturday.

Make your appointments at Reception or at the Good Vibes hut.

A full menu of Spa Treatments can be found in your room.





IS THERE SOMETHING ELSE YOU WOULD LIKE TO DO?

Just have a chat with Simeon about your personalised tour and get out about to make the most of our beautiful island. There are some many things to see and do in St Lucia and here are just a few ideas:

Learn to play the Steel Pan • Take a Rum Distillery Tour • Charter your own boat for snorkelling and exploring

Take a Rainforest Trek for Bird Watching • Climb the Pitons • Take a private taxi around the island and see the highlights

How about a day trip to Martinique • Sample the Scuba and Snuba Diving on Pigeon Island • Avoid the traffic and take a Water Taxi to

Marigot Bay for lunch, or to Castries or Rodney Bay for shopping or to take in some history and sample real life in St Lucia







CONTACT US AT

East Winds Resort Ltd
La Brelotte Bay, Gros Islet
P.O. Box 1477
St. Lucia, West Indies

T: + 1 758 452 8212
F: + 1 758 452 9941
E: info@eastwinds.com
www.eastwinds.com

UK SALES & MARKETING

Essential Detail Ltd

T: +44 (0) 20 8977 6099
E: office@essentialdetail.co.uk
www.essentialdetail.co.uk

US ENQUIRIES

Martin Larsson
Hotel Labs

T: 1 646 673 2130
E: mlarsson@hotellabs.com
www.hotellabs.com

LET'S PLAN YOUR NEXT *great*
adventure TOGETHER

~ Simeon

East Winds Resort Tour Manager

