



# Saint Lucia - Helen of The West Named for Saint Lucy of Syracuse

making it the only country in the world named for a woman

What do you call someone from Saint Lucia ?

**We say Lucian (loo-sh-an)**



## TIME ZONE:

Atlantic Standard Time AST  
(in winter Saint Lucia is 1 hour ahead of EST  
and Spring through late October is the same  
time as EST (New York et al).)

## Saint Lucia

is the only  
Caribbean  
island  
where you  
can dive a  
Mountain.



**Sits** 13.9094 degrees N,  
60.9789 degrees W

**Area:** 610 Square Miles

## Average

## Temperatures:

Tropical daytime  
temperatures typically  
between mid to high  
20's Celsius year-round  
(i.e between 77 degrees F  
to 85 degrees F)



## Castries

(Cass-trees)

Capital  
and  
only city

with a population  
of just over  
60,000 people



## DISTANCES:

UVF Airport to Northern Resorts-

90 minutes

UVF Airport to Soufriere (SW  
resorts Region) 45 Mins

## LOCAL LINGO

Quick Kwéyòl

lesson : Sa ka fete?

Translation - how are you?

Response: Mwen la'



Soufriere to North - 70 mins  
UVF Airport to Marigot Bay 60  
Minutes  
Helicopter Transfer from North  
to South 12 minutes



**Major Airport-**  
UVF- Hewanorra  
International

response: *iwena ta*  
Translation : I am good



There is as much  
to underwater  
as on land.



### CURRENCY -

Eastern Caribbean  
Dollar EC\$ but  
everyone  
accepts US dollars  
(exchange rate : US\$1  
to \$EC 2.70)



**Saint Lucia** is home to 5 endemic  
bird species among them the  
extremely rare New World warbler

(Semper's Warbler)  
World Smallest Snake (*Leptotyphlops  
bilineatus*)  
makes a home on Saint Lucia's Maria  
Islet

The endemic Saint Lucian Whiptail  
lizard also known as the Zandoli  
carries the colours of the Saint Lucian  
flag on its tail

Saint Lucian Parrot is also called also  
called Jacquot





## The Piton (pee-toh) mountains

are the tallest Volcanic Plugs in the Caribbean

\*Piton is French for Peak

\*Piton is also Saint Lucia's local beer

Did you know the Pitons are not joined and are 3 miles apart?

pronounced (Jah-co) - Amazona versicolor national bird its name means - "Of many colours". It is one of the rarest birds in the world.



International dialing code is 758



With two Nobel prize winners, Saint Lucia boasts the world's second highest ratio of Nobel laureates per capita. One for literature and the second for economics



The official language is English, but also widely spoken Saint Lucian Creole French or Creole for short (Kwéyòl) or Patois (Patwa)



## FAMOUS SAINT LUCIANS include:

Cricketer - Darren Sammy, Internationally celebrated :Poet & Playwright Sir Derek Walcott of "Omeros"



## FOUNTAIN OF YOUTH FOUND :

Explore the world's only drive in Volcano, Mud bath, waterfall by jeep, speedboat, catamaran, convertible mini cooper, private car and bus. The warm mineral baths are said to relieve rheumatism, sore joints and stress. Tip: Bring a dark coloured bathing suit.



## NATIONAL DISH:

Green figs ( boiled green bananas) served with saltfish (salted cod)



## CULINARY EXCELLENCE -

Saint Lucian born Chef Nina Compton of Compère Lapin fame won a James beard award in 2018 - considered the highest honors in the culinary world



## FABULOUS FOR FAMILIES -

Approximately 1/3 of Saint Lucia's hotel rooms are geared to quality family vacations most with supervised childrens' activities, water parks/activities and excellent adventures for all age groups

## ALE -

The only traditional craft brewery in the region is in Saint Lucia. Specializing in traditional and hand crafted stouts and fine ales designed specifically for the climate and tastes of Saint Lucia. Tip: try the unique chocolate stout.

