

Where is *Dominica*?



It's an island who sits between Martinique and Guadeloupe. It has gorgeous beaches, lush forests, volcanic peaks and rushing waterfalls.

Where to swim in *Dominica*?

The most beautiful beach of Dominica is:



Champagne Reef

Located in the south-west, at the northern tip of the Soufriere Scotts Head Marine Reserve, this is a mixed black sand and rock beach famed for its snorkelling reef and submerged volcanically active bubbles.

The sea temperature fluctuates between 26 and 29°C all year.

You can snorkel and scuba dive here and the closer you get to the streams of bubbles, the warmer the water gets. Oceanic animals aren't the biggest fans of the warm water, but the reef right next to where the gas bubbles are released is vibrant with sea sponges, anemones, hard and soft corals, lots of colorful fish, and even the occasional Hawksbill turtle.

Where to stay in *Dominica*?



InterContinental Dominica Cabrits Resort & Spa

The hotel opened its doors in October 2019. It is located at PORTSMOUTH. Breathtaking, sophisticated, and blissfully secluded, it's a wellness sanctuary for the eco-conscious luxury traveler. The hotel is resting on a nature reserve alongside an extinct volcano and surrounded by rainforest and marine habitats. Their eco-adventures reveal the island's beauty. Spa treatments use natural island products to soothe and cleanse.

How to eat well in *Dominica*?



POZ Restaurant & Bar Calibishie Gardens

Located on the outskirts of CALIBISHIE in the north east, This restaurant is located within the ENCLOSED CALIBISHIE GARDENS and offers a range of international dishes – from lobsters to burgers – in a poolside setting. It offers very good gastronomy, but its super specialty is local drinks.

Where to take a dip in *Dominica*?



Emerald Pool

One of Dominica's most visited attractions, Emerald Pool, is a small 40 foot waterfall that cascades into a

pool that appears green with the sunlight. Located in the heart of the island, at the northern edge of Morne Trois Pitons National Park, Emerald Pool has become rather iconic as a visual representation of Dominica.

What to visit in *Dominica*?



Morne Trois Pitons National Park

In 1997, Morne Trois Pitons National Park was recognized by UNESCO as a World Heritage Site, the first enlisted natural site in the Eastern Caribbean. The park is like stepping back in time. Lush, green primordial rainforests slope up to magnificent peaks. Rivers rush past giant ferns as the fragrance of island flowers surrounds you. Morne Trois Pitons National Park is truly what the Caribbean was meant to be.

Art and culture in Saint Lucia

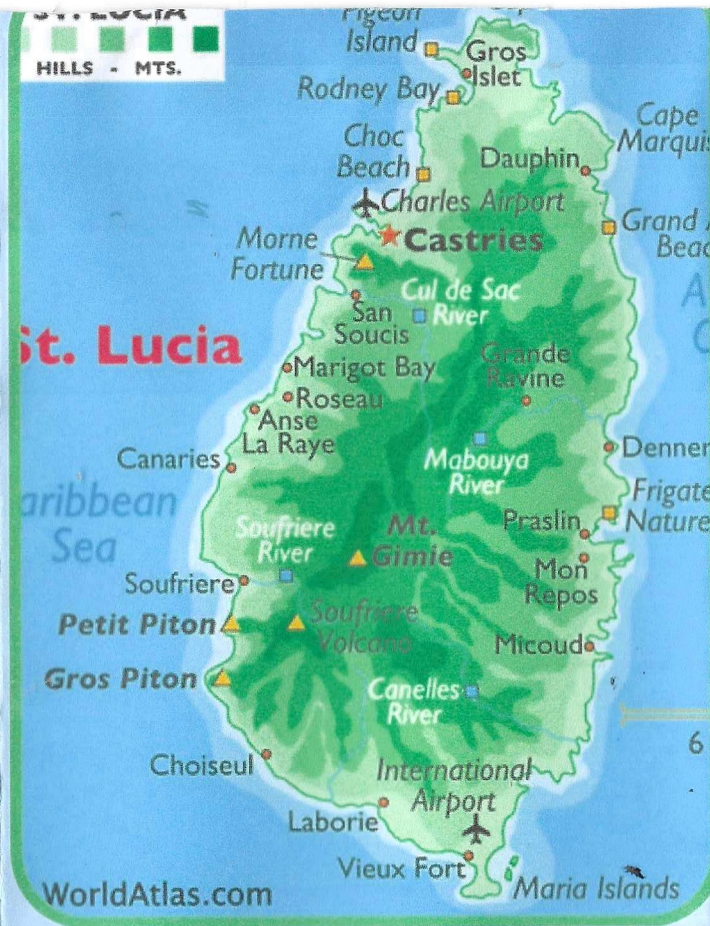
Probably the best way to understand the culture of the island is go to the folklore Research Center



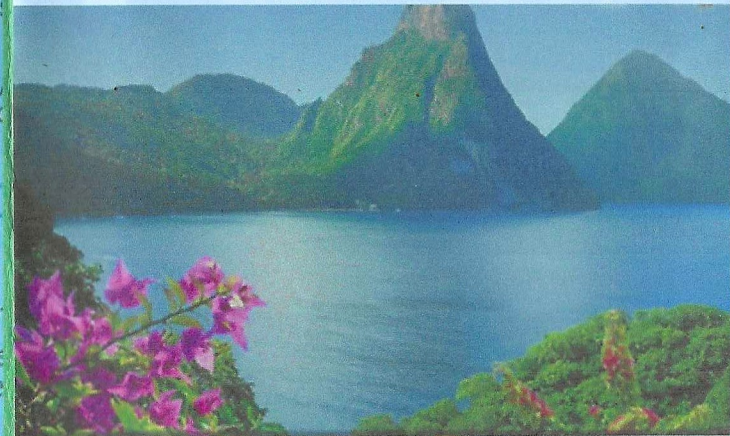
It is many archives and significant number of traditional art objects tracing the folklore of Saint-Lucians through their traditions, instruments and music of the creole language.



Immense artistic culture, however you will have the opportunity to meet some artists on your roads, enough to bring back a little memory. Coral is persevered, so it is forbidden to buy it and bring it back to Europe



Saint -Lucia



Welcome to St Lucia !

Welcome to a wonderful paradise !
Here you can go on beautiful beaches ,
and discover a fantastic flora



St Lucia is the perfect place to relax and
enjoy yourself at any time of the day



So now , embark on a journey you'll
remember for the rest of your life !

What to visit in Saint Lucia

You can visit the capital Castries and
take a tour of Dereck Walcott
Square,with its Victoria style buildings
and majestic cathedral.



In the north of the island in Rodney Bay ,life is
really lively with many shops,hotels and
restaurants



This well- protected bay will delight fans of
idleness thanks to its pretty sandy beaches.To
the south,Anse La raye will charm you with its
small village with colourful houses during the
day and the musical and festive atmosphere of
the bars

and discotheques in the evening and
until the end of the night !

The villages of la Soufrière and Coiseul can
also be visited,especially for their local
crafts



Gastronomic specialities in Saint Lucia

In view of its tourist population,there are
international cuisine in hotels and in
restaurants there are more and basic cuisine
offering sandwiches , pizzas ett .



It is possible to find

Creole specialities such as Colombo braised fresh
fish,black pudding .

Generally on the menu of restaurants you will find the
freshly caught fish of the day . To refresh
yourself,nothing better than the local blond beer ,the
Piton recalling the symbols of the island . Finally ,for
rum lovers , you will find in the island
establishment,the best of them distilled in Saint Lucia in
pure or spicy version