

# SUGAR BEACH

A VICEROY RESORT • ST. LUCIA

## ACTIVITIES BROCHURE

ADVENTURES AND TOURS IN AND  
AROUND ST. LUCIA

EXPLORE & DISCOVER

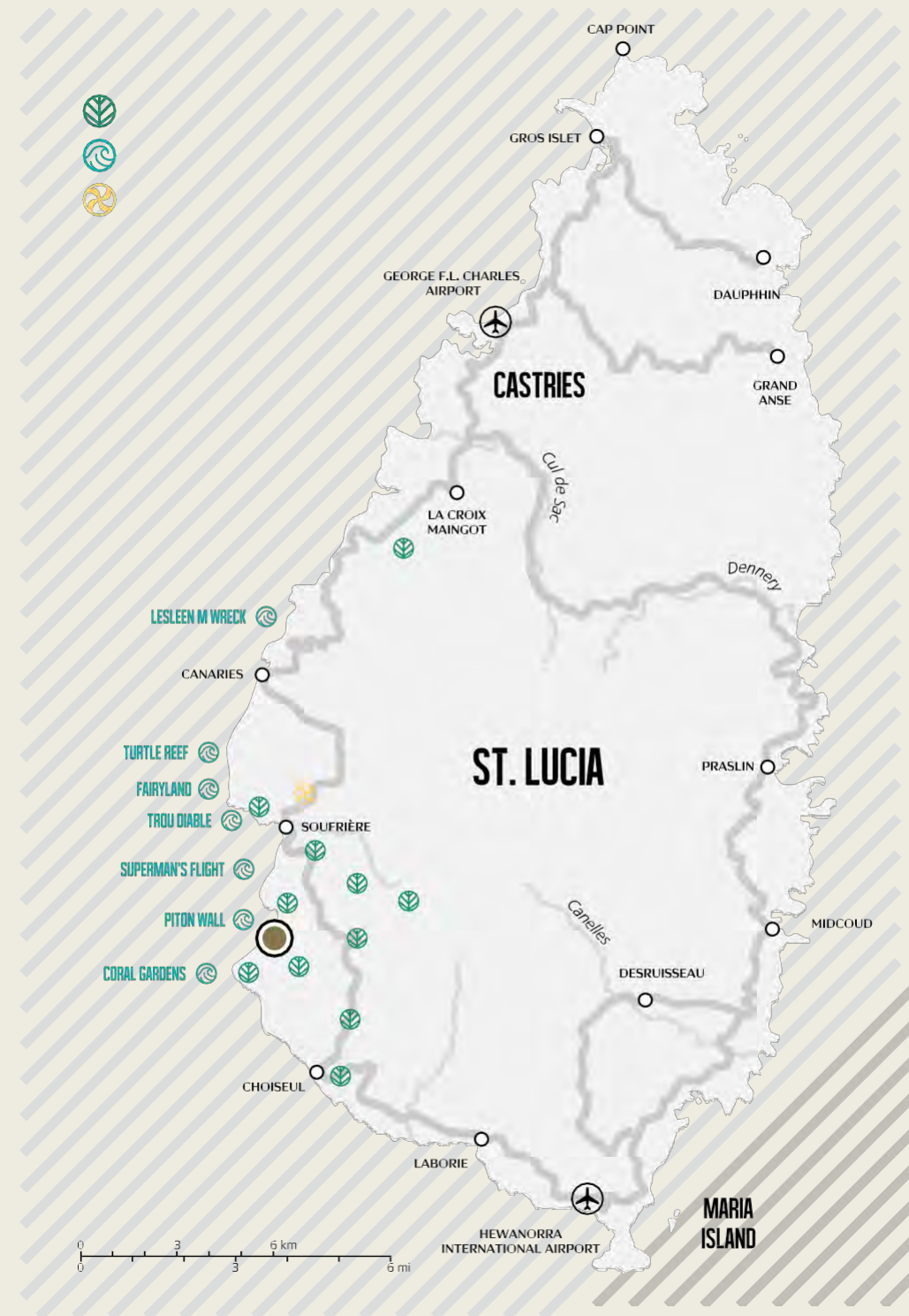






# CREATED FOR GLOBAL NOMADS

The shimmering jewel of Sugar Beach, A Viceroy Resort, is your gateway to St. Lucia. A wide variety of exciting Land, Sea and Air activities are available, allowing travelers to explore and discover the many natural wonders of the island - with or without the thrilling kick of adventure.







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### SATURDAY MARKET FITNESS WALK

Spend an exciting day with the locals at Soufriere Market and shop around for local produce, island treats and unique pieces from Zaka Crafts.

**Weekly from 7:30am**

**Wear:** Comfortable clothing, walking shoes

**Bring:** Camera, sunscreen

**\$35.00 per person**

*Prices are listed in USD and exclude 10% service charge and 10% tax.  
Cancellations must be made 24 hours prior to the booking date otherwise charges will apply.*



### GROS PITON HIKE

Trek through the UNESCO World Heritage-listed, volcanic Gros Piton standing 2,619 feet above sea level. Explore the verdant rainforest as you clamber over boulders and are treated to the breathtaking view from the summit, and picturesque stops at Au Poye Park and the valley of Fond Gens Libre.

**Duration:** 3 to 4 hours

**Difficulty:** High. Guests with pre-existing health conditions, pregnancy, injury or disabilities are advised not to participate

**Wear:** Comfortable walking shoes, athletic-wear

**Bring:** Camera, sunscreen, insect repellent, water, snacks, a few dollars for purchases

**\$150.00 per person**



EXPLORE SOUFRIERE

Explore the tropical essence of Soufriere with a trip to our botanical gardens, drive-in volcano, and refreshing dip at the Toraille.

Daily from 10am

Duration: Approx 3 hours

Wear: Comfortable clothing + shoes

Bring: Camera, sunscreen, swimsuit

Leave: Jewelry (particularly silver) in the in-room safe

\$140.00 per person

SULPHUR SPRINGS & MUD BATHS

Experience the Caribbean’s only drive in volcano, the ‘Sulphur Springs’, and relax in therapeutic mud baths.

Daily from 10am

Duration: Approx 1 hour

Wear: Comfortable clothing + shoes

Bring: Camera, sunscreen, dark swimsuit for mud baths

Leave: Jewelry (particularly silver) in the in-room safe

\$80.00 per person



BOTANTICAL GARDEN

Visit the Diamond Falls Botanical Garden, the oldest of St Lucia’s botanical gardens dating back to the late 1700’s. The 30 to 40 minute trail leads to a sulphurous waterfall and hot mineral bath springs.

Daily | Duration: 30 to 40 minutes

Wear: Comfortable clothing + shoes

Bring: Camera, sunscreen, insect repellent, swimsuit, cash for purchases

\$85.00 per person

ATV BIKING

Take an adrenaline-charged ride on Yamaha Grizzly ATVs as our guide leads you on a network of trails through rivers, waterfalls, historic plantations, farms, valleys, over the Devil’s Bridge and other off-the-beaten paths only accessible with an ATV.

Daily | Duration: 2 hours

Wear: Comfortable clothing + shoes

Bring: Camera, sunscreen, insect repellent, swimsuit, cash for purchases

\$200.00 per person

Prices are listed in USD and exclude 10% service charge and 10% tax.  
Cancellations must be made 24 hours prior to the booking date otherwise charges will apply.



### CANOPY ZIPLINE ADVENTURE

Exhilarating and spectacular, whizz through the treetops in the shadow of Petit Piton and marvel at views of historic Soufriere and the sea. Eight ziplines will take you through giant banyans, coconut, plum, mango trees and a bamboo-shaded gorge, while our experienced guides will keep you informed on the eco-system and what special views to look out for.

**Daily | Duration:** 1 hour 15 minutes

**Wear:** Comfortable clothing, walking shoes

**Bring:** Camera, sunscreen

**\$130.00 per person**



### HORSEBACK RIDING: COASTLINE

Atlantic Shores Riding Stables promises an unforgettable horseback adventure for beginners and experienced riders. Our popular beach ride will take you along gorgeous trails and breathtaking vistas before heading to the beach where you will enjoy the freedom of walking or cantering your beautiful horse.

**Duration:** 2 hours

**Wear:** Comfortable clothing + shoes

**\$130.00 per person**

(plus return taxi transfer)

*Prices are listed in USD and exclude 10% service charge and 10% tax.  
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### RAINFOREST HIKE & BIRDWATCHING

Marvel at some of the most colourful tropical birds with a hike along the En Bas Saut trail, set within 19,000 acres of rainforest. Stretching for five miles, the trail is remote, unbelievably scenic and meanders through the rainforest, cloud forest and elfin woodlands.

**Daily from 9am** | **Duration:** Approx 3 hours  
**Difficulty:** Low

**Wear:** Casual clothing, comfortable shoes /sneakers

**Bring:** Camera, binoculars, insect repellent

**\$130.00 per person**

*Prices are listed in USD and exclude 10% service charge and 10% tax.  
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### SUPERMAN WATERFALLS

This educational hike through the lower mountain forest and fruit trees will lead guests to a veritable hidden treasure – the 70-foot Superman waterfall. Enjoy a refreshing dip, mud bath and fresh local juice as well as seasonal fruits.

**Daily from 9am to 12pm**  
**Duration:** 1 hour 30 minutes

**Difficulty:** Moderate

**Wear:** Comfortable clothing, walking shoes

**Bring:** Camera, swimsuit, towels, sunscreen

**\$130.00 per person**

### TET PAUL NATURE HIKE

Allow our guide to take you through a spectacular trail through the verdant farming community of Chateau Belair as you enjoy views of the Pitons as well as Martinique and St. Vincent on clear days. Along the way, our guide will explain the Amerindian art of farine, cassava as well as highlight the wide variety of exotic fruit trees and medicinal plants along the trail.

**Daily from 9am**  
**Duration:** 45 minutes

**Difficulty:** Moderate

**Wear:** Comfortable clothing, walking shoes

**Bring:** Camera, Binoculars, Insect Repellent, Water

**\$100.00 per person**





# COCOA TOURS

## CHOCOLATE 101

### The Tree to Bean Tour:

Enjoy a hands-on encounter as you take part in the grafting process at the cacao tree seedling nursery, before taking a walk through the cocoa grove, Cotes of Marcial, then exploring the fermentation and drying station - finishing with the perfect cocoa bean.

**Duration:** 30 minutes  
**\$120.00 per person**

### The Bean to Bar Tour:

From de-shelling to grinding, recipe formulating, mixing and pouring your very own chocolate bar, this tour explores the chocolate making process from the freshly dried bean to a delicious slab of chocolate.

**Duration:** 1 hour 30 minutes  
**\$150.00 per person**

### The Tree to Bar Tour:

Deep dive into the world of chocolate making with this holistic experience that starts with in the seedling nursery and ends with you creating and molding your very own chocolate bar.

**Duration:** 2 hours  
**\$200 per person including lunch**



## RHYTHM & RUM

Learn the colourful story behind the island's last remaining distillery, St. Lucia Distillers - home to Bounty and Chairman's Reserve rums. This popular tour also includes the history of sugar, rum, Caribbean music, a glimpse at a typical rum shop and the opportunity to sample the distillery's different rums and liqueurs.

**Monday to Friday**

**Entrance Fee & Travel Costs Apply**

## RESORT HORTICULTURAL TOUR

Take a guided horticultural tour of all the wonders Sugar Beach, a Viceroy Resort has to offer. Explore the local flora and fauna, from from the jungle floor to the sky sweeping palms. You can also sample some of the floral herbs and garnish grown in the Sugar Beach herb garden.

**Wednesday from 9:30am**

**Complimentary**



## CREATE YOUR OWN TOUR

Have fun in creating your very own excursion by handpicking up to three destinations to experience within four hours: Diamond Botanical Gardens, Volcano, Tet Paul Nature Trail and Toraille Waterfall.





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NON-MOTORISED

The following equipment is available free of charge from your Water Sports Cabana, near the Jetty:

- Kayak (single and two-seater)
- Paddle Boards
- Hobie Cat
- Beach Snorkeling

Our expert staff are available to provide you with individual training classes for Hobie Cat sailing at \$50 per session.



MOTORISED

Choose from a selection of motorized water sports activities;

<b>Water/Mono-ski:</b>	10mins	\$35
<b>Wakeboard:</b>	10mins	\$35
<b>Kneeboard:</b>	10mins	\$35
<b>Tubing:</b>	10mins	\$20

All prices are per person/seat



SNORKELING

Sugar Beach, A Viceroy Resort is the perfect spot for beginner or experienced snorkelers, providing a weather protected, marine preservation area located at the foot of Petit Piton.

Fins, masks, and snorkel can be signed out at the Water Sports Cabana. We also offer Snorkeling excursions to various dive sites.

To sign-up, please contact the Water Sports Reception.

**Beach Snorkeling Lesson:** Daily | \$50 per person

**Night Snorkeling:** Daily | Minimum 2 guests | \$50 per person

**Group Boat Snorkeling:** Daily | Minimum 4 guests | \$50 per person

**Private Boat Snorkeling:** Daily | Minimum 2 guests | \$200.00 for two persons and US\$35 per additional person

Prices are listed in USD and exclude 10% service charge and 10% tax.  
Cancellations must be made 24 hours prior to the booking date otherwise charges will apply.



# SCUBA DIVING



Sugar Beach has one of the top diving sites in the entire world, appointed by turquoise seas, mesmerizing bays and a myriad of sea creatures. Suit up and discover this underwater paradise for yourself!

Saint Lucia is a paradise for divers. The island forms the tip of an underwater volcano where both beginner and experienced divers can rejoice in a stunning variety of coral, sponges, and sea fauna.

All dive sites are located within a distance of 5-20 mins.

## DIVE SITES

**TROU DIABLE:** Creole for “Devil’s Hole”, Trou Diable is a fascinating location. One of the largest plateau dive areas, it is also known as one of the healthiest reefs you’ll ever dive on. There is a profusion of Barrel Sponges and well-developed coral heads with schools of Chromis and Grants.

**PINNACLES:** Also known as the Keyhole Pinnacles, which is located outside the bay of Soufriere. The dive site has four spectacular peaks that rise from depths to within a few feet from the surface. Trumpet fish, filefish, blennies, and other fish make this their home. Seahorses are sometimes found on this dive.

**SUPERMAN’S FLIGHT:** Located at the base of the Petit Piton, this dive site is well known for its underwater beauty and currents. Part of Superman II was filmed there and that’s why it got its name. Huge barrel sponges and lovely soft orange sponges make this a tremendous dive. When the current is present this is a perfect site for drift diving.

**STAIRCASE:** Named because of its formation, this dive is a great and beautiful site. Another untouched site which makes it an ideal home for a diverse aquatic life. Turtle of different sizes are also found on this site. The coral life is very healthy and fascinating.

**PITON WALL:** Situated in the Jalousie Bay, this dive site has a wonderful wall that drops down to hundreds of feet below. Home to much aquatic life of different sizes. Seahorses are also known to be seen on this dive.

**PITON WALL II:** The continuation of Piton Wall going into Superman’s Flight. Because this reef is untouched by divers it makes the site very beautiful with aquatic life and corals.

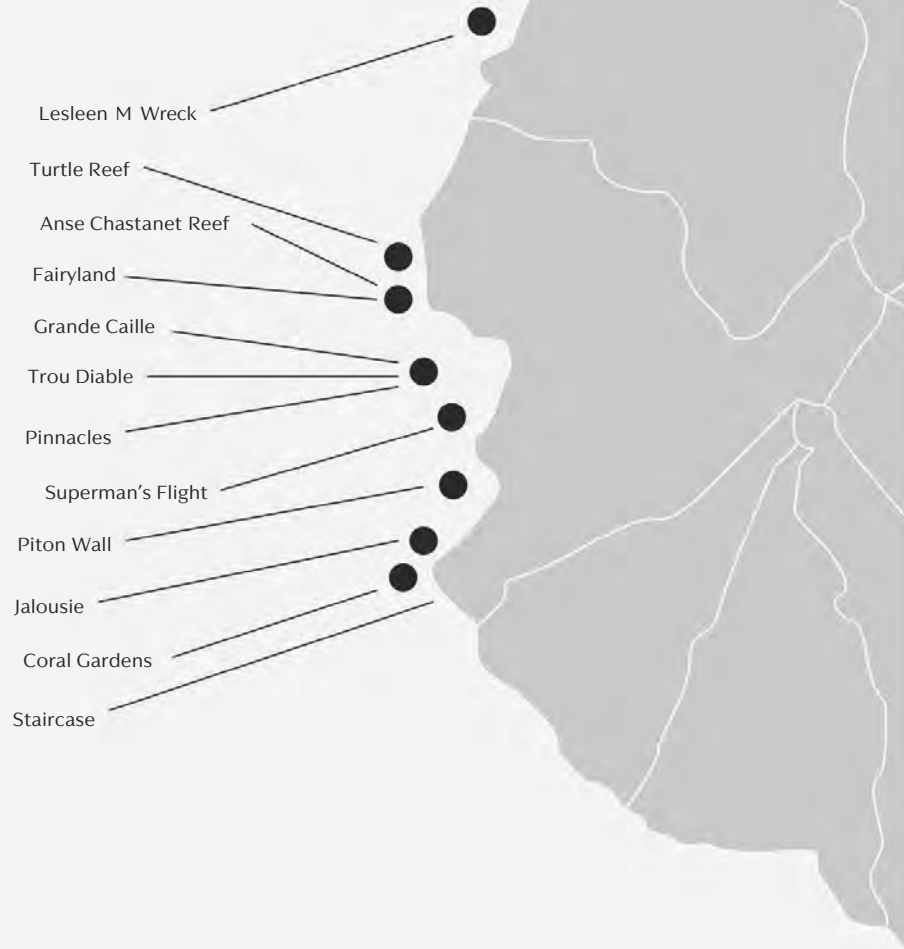
**SUGAR BEACH REEF:** Within walking distance from the beach, this is our home reef. With easy access from the dive shop to the water, this dive is appropriate for beginners and newly certified divers.

**JALOUSIE:** Lots of schooling fish of various sizes and color. Located at the base of the Gros Piton this site is about five minutes from the dive shop. A vast range of different corals and sponges can be seen as well.

**CORAL GARDEN:** This reef starts off in the shallows and won’t go too deep as the majority of the reef is as deep as 50ft, with a few sandy patches. Usually, sargassum and trigger fish can be spotted in the deeper area.



# SCUBA LOCATIONS



## DIVE SITES

**Lesleen M Wreck:** A 165 ft steel freighter that was sunk in 1986 for the purpose of diving. It is covered with deep sea fans and sponges with a variety of reef fish. School of fish can be found in and around the wreck, as well as Moray Eels, Frogfish, Lobsters, and much more.

**Grande Caille:** Creole for “Large Reef” or “Big House”, Grande Caille is known as a very dramatic site. Deep water Gorgonians, Sea Whips, Huge Brain Corals, and Barrel Sponges in pristine condition can be seen here.

**Turtle Reef:** A crescent-shaped reef that drops quickly from a plateau to a sandy turtle grass bottom. Located in the bay of Anse Chastanet, it starts off in the shallows at about 15 ft of water with large boulders, continuing to the main reef at about 40 ft where it then drops off to over 150 ft. Spectacular Pillar Corals and huge Barrel Sponges can be seen. You are very likely to see Hawksbill and Green Turtles as it is adjacent to turtle grass beds.

**Anse Chastanet Reef:** A plateau between 5 ft and 25 ft that drops down to over 145 ft. The reef is covered in gorgonians, soft coral, and sponges. Since it’s a marine reserve, the reef is covered with a variety of marine life such as Moray Eels, Parrotfish, Blennies, Crabs, and big schools of Needle Fish. For photographers, this is the chance to use your macro lens.

**Fairyland:** This tremendous dive site is the continuation of the Anse Chastanet Reef. Starting off at about 40 ft, the reef then slopes down to beyond. A very large plateau area is covered with beautiful soft corals and huge barrel sponges. Big schools of Horse Eye Jacks and Creole Wrasse make this reef their home. You can also see hawksbill turtles in different sizes. To the end is one of the most colourful walls around. When a current is present, this dive is ideal for drift diving.



# DIVE PRICE LIST

## DISCOVER SNUBA

Shore Dive	\$105
Boat Dive	\$125

## PADI

Beginner Discover Scuba	\$110
Bubble Maker	\$150

## DIVE PACKAGES

6 Dives	\$350
10 Dives	\$550

## DISCOVER SCUBA

PADI Shore Dive	\$70
PADI Boat Dive (1 Tank)	\$85
PADI Boat Dive (2 Tank)	\$130
PADI Wreck Dive (2 Tank)	\$150
PADI Night Dive	\$95
PADI Scuba Refresher	\$125
PADI Underwater Explorer	\$125
PADI Scuba Diver Course	\$350
PADI Open Water Course	\$550
PADI Rescue Diver Course	\$750

## EDUCATION COURSES

Check Out Dive	\$90
Refresher Course	\$125
Scuba Dive Course	\$350
Open Water Course	\$550
Open Water Referral	\$350
Adventure Course	\$300
Advanced Course	\$450
Rescue Diver Course	\$750
Dive Master Course	\$900

*Available to adults and children 10 years above*

## SPECIALITY DIVES

### CERTIFIED DIVERS

Lionfish Tracking	\$220
Peak Performance Buoyancy	\$220
Deep Dive Specialty	\$320
Drift Specialty	\$220
Night Specialty	\$320
Fish Identifier	\$220
Underwater Photography	\$220
Underwater Naturalist	\$220
Wreck Specialty	\$320
Oxygen Provider Specialty	\$150
Dive Against Debris	\$150

*Available to adults only with necessary qualifications*

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## SEA TOURS & CRUISES

Sailing is one of the most relaxing ways to experience St. Lucia's amazing coastline and enjoy views while sipping on chilled beverages with half day and full day boat excursion options.

### SUNSET CRUISE

The perfect start to an evening is always to soak in the stunning surroundings whilst watching the sun go down.

Includes Piton Beers, Rum Punch and light bites.

**Monday, Tuesday and Friday at 4.15pm**

**Duration:** 2 hours

**\$120.00 per person**

*Private Sunset Cruise options are also available from \$900.*

### SPEED BOAT TOUR

Take a private half day tour on one of our speed boats and choose to explore either Marigot Bay, Castries or Rodney Bay.

Includes Piton Beers, Rum Punch and light bites.

**Daily | Starting from \$450**



### CATAMARAN EXPERIENCES

The perfect way to spend time out exploring the ocean with your loved ones and enjoy the views of the island as well as a relaxing swim in the Caribbean's tropical waters.

Available for Half Day or Full Day excursions.

Includes Piton Beers and Rum Punch. Lunch will be provided on full day excursions.

**Minimum 4 persons**

**\$1000 per Half Day | \$1400 per Full Day**

Subject to availability. Additional fees will be charged per extra person

*Prices are listed in USD and exclude 10% service charge and 10% tax. Cancellations must be made 24 hours prior to the booking date otherwise charges will apply.*



### SAIL AWAY

Set sail on a yacht for the day and explore the beautiful island of St Lucia.

Cruising a long the West Coast you can experience the wonders of the ocean with some sea activities or just relax whilst sipping on those refreshing rum punches.

Half day and full day sails available.

**Daily. Minimum of 4 persons.**

**\$800 per Half Day | \$1200 per Full Day**

Subject to availability. Additional fees will be charged per extra person



### CARNIVAL LUXURY SAIL

Luxury Catamarans are equipped with spacious deluxe cabins, bathrooms, high quality furniture, full kitchen with spacious dining room.

Great living space to unwind, eat or catch up with friends and family.

Half day and full day sails available.

Minimum of 4 persons.

**\$1800 per Half Day | \$2800 per Full Day**

Subject to availability. Additional fees will be charged per extra person

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### WHALE & DOLPHIN WATCHING

Join us for a natural experience just a few miles off Soufriere, a popular spot for whale and dolphin watching. These waters are known for their resident and visiting cetaceans, from pods of spinning and spotted dolphins to pilot, sperm and orca whales, and while the success rate of sightings is not guaranteed, it is high.

**Monday, Wednesday and Fridays from 9am**

**Duration:** 2 hours 30 minutes

**\$140 per person**

**Wear:** Casual/tropical clothing

**Bring:** Camera, insect repellent, motion sickness medication if required

*Private options are also available from \$700.*

### DEEP SEA FISHING

Try your hand at sports fishing, on a private excursion with our skilled and friendly crew on well-equipped boats. Some of the most commonly hooked fish include Blue Marlin, Sailfish, Tuna, Wahoo, Kingfish and Dorado. Once back at Sugar Beach, our chef will be delighted to create a menu centered on your catch of the day - additional fees apply.

**Daily | Minimum 4 guests**

**Wear:** Casual/tropical clothing

**Bring:** Camera (waterproof if possible), sunglasses, towels

**\$800 per Half Day | \$1400 per Full Day**



*Prices are listed in USD and exclude 10% service charge and 10% tax.  
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