



ITINERARY

ST. LUCIA WELLNESS AND RELAXATION FOR COUPLES

On this indulgent couples itinerary, make your way to the tropical paradise that is the island nation of St. Lucia for a sublime wellness program that will leave you feeling rejuvenated and resorted. Embrace holistic healing elements during a customized VIP spa experience at the world's only drive-in volcano, learn to make a delicious Caribbean feast using locally-sourced ingredients with a renowned chef, and practice yoga on the beach as the sun rises over the Caribbean- all while staying in the lap of luxury at Sugar Beach, a Viceroy Resort.

If you are interested in this itinerary, please contact Sara Thomas at 2L TRAVEL at sara.thomas@2ltravel.com for more information.

HIGHLIGHTS

- Enjoy a VIP spa treatment at the world's only drive-in volcano, followed by a refreshing dip in a secluded waterfall to rinse off.
- Explore St. Lucia's pristine rainforest on a customizable hiking adventure.
- Tour Soufriere's lively Saturday market with a local chef, then engage in a hands-on cooking class to prepare a gourmet, farm-to-table lunch.

ROUTE AND STOPS

6 Days & 5 Nights

- Soufriere

TRAVEL STYLES

- Lifestyle
- Romance

PASSIONS

- Food + Drink
- Nature
- People + Culture
- Sports + Adventure
- Wellness

ACCOMMODATIONS

- Sugar Beach, A Viceroy Resort

SAMPLE ITINERARY

DAY 1: ARRIVAL

Welcome to beautiful St. Lucia!

Upon arriving at Hewanorra International Airport, a representative will meet you at the gate and escort you through immigration and customs with expedited VIP service. After clearing customs, meet your private driver out front, and be transferred to your hotel to check in, relax and get acquainted with your new surroundings. Embraced by St Lucia's iconic Pitons mountains, Sugar Beach, a Viceroy Resort is the perfect luxurious base from which to explore the myriad attractions the island has to offer. Its modern amenities, elegant styling, pristine white sand beach and breathtaking rainforest spa will ensure the ultimate vacation experience.

Overnight at Sugar Beach, a Viceroy Resort

DAY 2: VIP VOLCANO SPA DAY

This morning, kick off your week of ultimate relaxation with a VIP couples spa experience that incorporates the island's natural healing elements. Meet your spa attendant and private driver in the hotel lobby, and depart for Sulphur Springs National Park, the "world's only drive-in volcano." Along the way, your attendant will provide an orientation to the island's varied volcanic features, including hardened lava flows, volcanic fissures and boiling cauldrons of water and mud. Upon arrival, your guide will lead you to one such natural mud bath and explain the ritual before giving you time to soak to your heart's content. While this is a very popular touristy experience, your private attendant will elevate the experience and ensure that you are well taken care of. Once you have finished, soak in an adjacent natural hot spring to remove the mud, then instead of rinsing off under the on-site cold shower, get back in your vehicle for a short transfer to a secluded waterfall to complete the final step of the cleanse. Continue to the town of Soufriere for a short orientation walking tour of this charming fishing village. The former capital of St. Lucia, Soufriere offers a picture-perfect glimpse back in time to a simpler way of life. Then, return to the spa where you will receive a half-hour back massage followed by time to enjoy its amenities before returning to your accommodation.

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DAY 3: RAINFOREST HIKING EXCURSION

This morning, you will explore St. Lucia's pristine rainforest on a customizable hiking adventure. After breakfast, meet your guide in the hotel lobby to pick out an itinerary based on your interests, preferences and abilities. Among numerous options, you may elect to traverse the famed Tet Paul Nature Trail, a moderate route that offers incredible picturesque views of the ocean and the twin Piton mountains. Alternatively, you may opt for a more strenuous experience, such as the Petit Piton Trail, which takes you to the summit of the smaller of the two iconic peaks. Truly bold adventurers may find themselves climbing to the top of Mt. Gimie; standing at 3,117 feet (950 m), Mt. Gimie is the tallest mountain in the West Indies and the route to its summit involves getting a bit muddy as you wade across rivers and pull yourself over ancient root systems. No matter what kind of adventure you choose to embark on, this day will surely leave you with lasting memories of St. Lucia's spectacular natural splendor. Return to your hotel in the late afternoon, and enjoy the rest of your day at leisure.

Overnight at Sugar Beach, a Viceroy Resort

DAY 4: YOGA AND HORSEBACK RIDING

This morning, meet your private instructor on the beach, and enjoy a private 60-minute yoga lesson. You will bend, breathe and learn to let go of your stressors during a tailored class that will blend various styles of yoga and bring you one step closer to finding bliss. Take in beautiful views of the ocean and listen to the sounds of the rainforest as you achieve inner peace. After the class concludes, have a seat at a private bar and learn how to make healthy smoothies using locally-sourced ingredients that will provide you with the nutrients you need to take on the day.

In the afternoon, you will be privately transferred to the stables of a nearby historic plantation. Meet your private wrangler guide to be fitted on a horse selected just for you, then set out on a scenic ride along a breathtaking hillside trail. Proceed through the cobblestone streets of the fishing village of Soufriere as you make your way to the beach and continue towards Petit Piton and into the beautiful, azure blue waters of the Caribbean. After a dip, your wrangler will set up a spot on the beach to relax and enjoy a lovely snack of sweet treats along with your choice of red or white wine. Enjoy time in the surf and sand before returning to your hotel in the early evening.

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DAY 5: SATURDAY MARKET & COOKING CLASS

Today, you will meet an acclaimed local chef for a private tour of Soufriere's lively Saturday market. Your chef guide is a local celebrity as well as a dedicated regular, buying ingredients for his restaurant from the same farmers each week. He will share his love for the community with you as you walk around the market meeting the locals, tasting delicious cocoa tea and sampling exotic produce. Work with your chef guide to craft a menu that excites you, and stop at select vendors to purchase farm-fresh ingredients for your feast. Proceed to the chef's restaurant and head into the kitchen to engage in a private hands-on cooking class as you prepare your gourmet, farm-to-table lunch together. Enjoy the fruits of your labor with a delicious midday meal, then return to your hotel in the afternoon, and spend the remainder of your final day in paradise at your leisure.

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DAY 6: DEPARTURE

After breakfast today, meet your driver and be privately transferred to the airport in Soufriere to begin your journey home. Safe travels!

ACCOMMODATIONS



SUGAR BEACH, A VICEROY RESORT

SOUFRIERE, ST. LUCIA, THE CARIBBEAN

Embraced by St Lucia's World Heritage-listed Pitons, Sugar Beach has space for honeymooners and families alike. The resort's Luxury Beachfront Bungalows, Villas, Cottages and Sugar Mill Rooms boast private plunge pools and butler service. A white sand beach, Rainforest spa, and waterfront dining ensure the ultimate vacation experience.