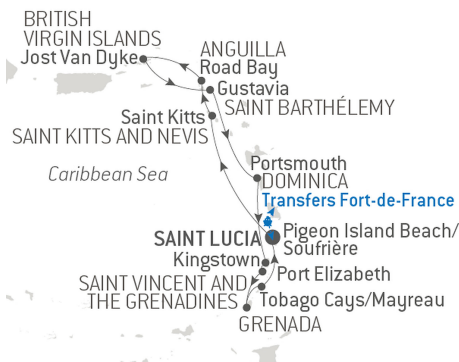


The Essential of the Caribbean

From **08/03/2022**
to **20/03/2022**

Ship: **LE CHAMPLAIN**

From **Saint Lucia**
to **Saint Lucia**



PONANT invites you on a **13-day cruise** to the heart of the **West Indies**. From **Saint Lucia**, you will sail the idyllic waters of the **Caribbean Sea** to discover stunning islands, as well as historical and architectural landmarks.

An **experienced diving instructor** is on board for the entire cruise, enabling you to safely enjoy swimming and scuba diving.

You will first sail to **St. Kitts**, a volcanic island with fine sandy beaches and a rich colonial heritage.

Your ship will then call at **Anguilla**, before reaching further west **the British Virgin Islands, which** will offer you idyllic landscapes.

Then you will discover **Saint Barthelemy**, and the enchanting setting offered by **the island of Dominica**, known as the Nature Island, before sailing to Saint Vincent and the Grenadines and **Bequia Island**, and its wild and unspoiled coastline.

After a call at **Grenada**, *Le Champlain* will anchor in the **Tobago Cays National Park**. This rosary of islands bound together by the most beautiful coral reef in the West Indies, will reveal its incredible underwater wildlife and its secret coves.

You will then island hop gently towards **Saint Lucia** and its two majestic rocky peaks soaring straight from the sea, a unique location listed as **UNESCO World Heritage site**.



The information in this document is valid as of 22/05/2022

The Essential of the Caribbean

YOUR STOPOVERS :

SAINT LUCIA

Embarkation 08/03/2022 from 20:30 to 21:30
Departure 08/03/2022 at 23:00

A jewel of the Caribbean with picture-postcard settings, this small island offers a luxuriant and wild natural environment. Long fine-sand beaches, crystal-clear waters, hidden waterfalls are some of the natural wonders that make the island of Saint Lucia so beautiful.

SOUTH FRIARS BAY, SAINT KITTS

Arrival 09/03/2022 early afternoon
Departure 09/03/2022 early evening

Nestling along the **peninsula of Saint-Kitts Island**, South Friars Bay shelters one of the Kittitians' most popular beaches. You will find this gorgeous stretch of golden sand ideal for a spot of sunbathing, or you may prefer to go and discover the history of the island. Listed as a UNESCO World Heritage Site, **Brimstone Hill Fortress National Park** is a remarkable example of military architecture from the 17th and 18th centuries. It affords an exceptional view of the island's coast.

ROAD BAY, ANGUILLA

Arrival 10/03/2022 early morning
Departure 10/03/2022 early evening

Anguilla is a small and idyllic island with a concentration of many treasures: **fine sandy beaches**, creeks, caves and prehistoric petroglyphs, former colonial houses, natural reserves and the famous **golf course designed by Greg Norman**. The various evocations of the main island's shape gave the archipelago its name: an "arrow head" for the Amerindians and an "eel" for Christopher Columbus. You will be able to enjoy the tranquillity of Sandy Ground Beach and, conditions permitting, you may get the chance to land on the small sand bar opposite, the idyllic Sandy Island.

JOST VAN DYKE

Arrival 11/03/2022 early morning
Departure 11/03/2022 early evening

During your cruise, discover the pearl of the **British Virgin Islands**, said to have been named after a fearsome Dutch pirate from long ago. The hilly landscape offers travellers beautiful wild expanses lined with immaculate beaches where the breeze gently caresses the coconut palms. In this slice of heaven with crystal-clear waters, you will be able to enjoy the **lively atmosphere of White Bay**. As for the wildlife, iguanas, mongooses, pelicans and blue herons have taken up residence on these islands, much to the delight of our passengers who love a good holiday snap!

GUSTAVIA

Arrival 12/03/2022 early morning

Departure 12/03/2022 late afternoon

Lovers of this island call it **Saint-Barth**. This French island in the Lesser Antilles was discovered by Christopher Columbus in 1493. Ever since, this tiny **mountainous volcanic gem** with its **unspoilt nature** has been enchanting visitors. You will enjoy the beauty of its large paradisiacal beaches, plus the charm and refinement of its old wooden houses and its sumptuous **colonial manors**. Although, as you saunter through the rues de **Gustavia** or **Saint-Jean**, you'll come across jewellers, top fashion boutiques and fine restaurants, there is also a simplicity that money can't buy...

PORTSMOUTH

Arrival 13/03/2022 early morning

Departure 13/03/2022 early evening

With its mountainous terrain, vast tropical forest, hot springs, rivers and spectacular waterfalls, **Dominica** is undoubtedly **the wildest island** in the Caribbean. Protected by several **national parks**, this little-known land, located in the heart of the Caribbean Sea, between Guadeloupe and Martinique, will inspire adventure and exploration. During your port of call, do not miss out on discovering the enchanting landscapes of the **Indian River**: navigating through this dense mangrove, in which creepers, ferns, forest trees and giant roots are interweaved, is a magical experience, a fascinating voyage into the heart of an almost mystical natural universe.

KINGSTOWN

Arrival 14/03/2022 early morning

Departure 14/03/2022 early evening

Kingstown is the capital of Saint Vincent and the Grenadines, independent since 1979 but still a member of the British Commonwealth. Some of the 32 islands of the Grenadines are inhabited, like Mustique, some are not, like Tobago Cays. But they are all renowned for **crystal clear, calm waters**, and some of the **best snorkeling and diving in the world**. The **Botanic Garden** in Kingstown is the oldest of its kind in the Western Hemisphere and well worth a visit, as is **Fort Charlotte**, featuring panoramic views of the archipelago. **La Soufrière**, Saint Vincent's active volcano, dominates the northern end of the island, where it periodically erupts (most recently in April 2021), scarring the surrounding land with lava and ash.

PORT ELIZABETH, BEQUIA ISLAND

Arrival 15/03/2022 early morning

Departure 15/03/2022 evening

In the heart of the **Caribbean**, **Bequia** is the second-largest of 32 islands that make up the country of **St Vincent and the Grenadines**. You will love the lively and picturesque atmosphere of **Port Elizabeth**, the island's main town. From the port, a promenade lined with beautiful traditional houses, landscaped gardens and small restaurants runs along the shoreline. It leads to Princess Margaret Beach, a wild beach where Princess Margaret herself has stayed and which seems to emerge directly from the tropical forest. From rainforest to lush meadows and long stretches of sand, Bequia will offer you a natural setting that is conducive to lovely walks and to spending time on the beach.

SAINT GEORGE'S, GRENADA

Arrival 16/03/2022 early morning

Departure 16/03/2022 early evening

Delicately set in the curve of a bay on the west coast of Grenada, **Saint George's** lively commercial fishing harbour is especially colourful when the boats are being loaded with fruit and vegetables destined for neighbouring islands and when all the little fishing boats return from their day out at sea. This "**spice island**" capital is an excellent base for visiting the surrounding natural sites: its picturesque coast or the artisanal producers of chocolate and nutmeg, Grenada's gold. Five kilometres (3 miles) to the south, you will be able to visit Grande Anse and Morne Rouge, two long sandy beaches.

TOBAGO CAYS

Arrival 17/03/2022 mid morning

Departure 17/03/2022 early evening

Scattered between **St Vincent and Grenada**, the **Tobago Cays** comprises five little islands: Petit Rameau, Petit Bateau, Baradal, Petit Tabac and Jamesby. This rosary of uninhabited cays in the **southern West Indies** is a **marine park** whose turquoise lagoons provide a home and safe haven for some outstanding marine fauna, **including peaceful green turtles**. Girded and united by a coral reef, these secluded islands are a peaceful paradise for divers, swimmers and snorkellers.

MAYREAU ISLAND

Arrival 18/03/2022 early morning

Departure 18/03/2022 evening

Among the string of paradisiac islands with their sandy beaches that form the Saint Vincent and the Grenadines archipelago, Mayreau is the smallest. Its **peaceful and idyllic atmosphere**, far from the madding crowd, invites you to relax. On shore, enjoy a **shaded and fully equipped beach** from which to go snorkelling if you'd like to observe the colourful fish around the coral sitting at the foot of the rocks that stretch across the bay.

PIGEON ISLAND BEACH

Arrival 19/03/2022 early morning

Departure 19/03/2022 midday

Linked to **St Lucia** by a sand causeway, **Pigeon Island** has been a designated National Park since 1979. On this wild and pristine land, you will be inspired to take pleasant walks amid the tropical vegetation and through a **magnificent tree-filled garden**. You will also be irresistibly drawn to the two pretty little sandy beaches nestling on the southern side and bathed by crystal-clear waters. While snorkelling, be sure to explore the underwater world that is teeming with life, along the rocks lining this peninsula's coast. You will thoroughly enjoy the calm and beauty of this place, which is really conducive to simply relaxing.

SOUFRIÈRE

Arrival 19/03/2022 early afternoon
Departure 19/03/2022 evening

Nestled in the crook of a breath-taking bay, the former capital of **St Lucia** is brimming with attractions. **Soufrière** is famous for The **Pitons**, volcanic spires that tower over the entrance to the town. In the vicinity of the lush botanical gardens, you will be able to enjoy the curative powers of the **Diamond Falls mineral baths**. From the beach at the north end of the bay, you can set off to explore the reefs that are home to stunning gardens of sea fans at the foot of the cliffs that plunge into the sea.

SAINT LUCIA

Arrival 20/03/2022 early morning
Disembarkation 20/03/2022 at 07:00

A jewel of the Caribbean with picture-postcard settings, this small island offers a luxuriant and wild natural environment. Long fine-sand beaches, crystal-clear waters, hidden waterfalls are some of the natural wonders that make the island of Saint Lucia so beautiful.