



St Lucia. (Insight Compact Guides)

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Compact Guide St Lucia reveals this exciting island through a selection of six tours, complemented by full-color pictures, an authoritative narrative voice, and a wealth of practical information, all in a compact package. The guide starts with an Introduction, highlighting the top ten sights, before covering essential background information on the island's geography, climate, population, language and culture, religion, government, agriculture, tourism, fishing and wildlife. This provides all the detail needed to set the tours in context. The Places section reveals six self-guided tours which, between them, cover the majority of the island. From the centre of the capital Castries to the more remote nature reserves on the east coast, the beaches of Reduit and Grande Anse to the inland Roseau Valley, this book will guide you to them all. Historical and cultural information is provided alongside the top attractions, with activities such as scaling the Pitons, hiking in the rainforest and snorkelling or diving in some of the world's best dive spots covered. Each of the tours has a clear, easy-to-follow map, great insider tips and informative feature boxes. All this makes it simple for the reader to find the perfect tour for the time they have to spare. The Culture chapter introduces the reader to St Lucia's Creole culture, famous son Nobel Laureate Derek Walcott, folklore, art and crafts, festivals and music. The final section of the book is the Travel Tips, divided into user-friendly, fact-packed sections on St Lucian cuisine, nightlife, sporting activities and practical information, plus select restaurant and accommodation listings, which will lead the reader to the best that St Lucia has to offer.

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