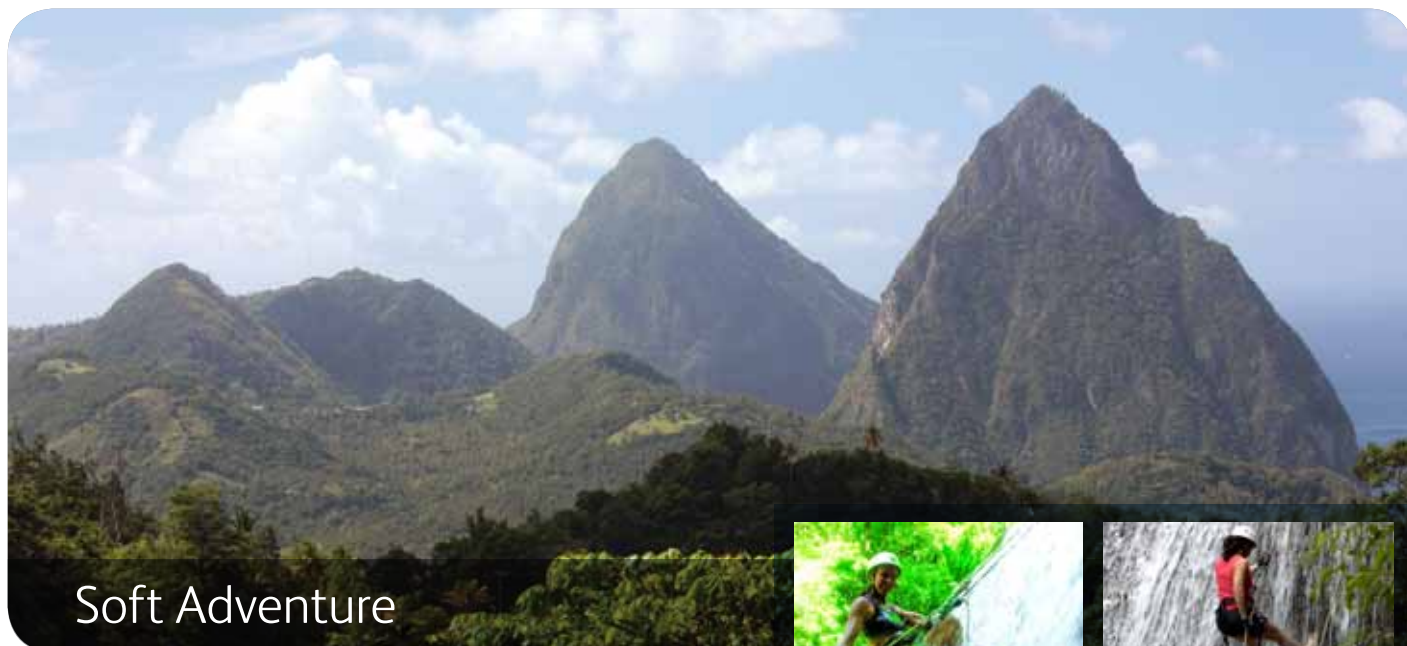


# the bodyholiday

LeSPORT



Soft Adventure



G i v e   u s   y o u r   b o d y   f o r   a   w e e k  
a n d   w e   w i l l   g i v e   y o u   b a c k   y o u r   m i n d



## Soft Adventure



## Walk on the Wild Side

When you are in St Lucia you should take advantage of our Walk on the Wild Side, The BodyHoliday's Soft Adventure Programme. You will be able to see parts of St Lucia many visitors miss, and enjoy the natural beauty of our island.

These soft adventures take you trekking through rivers, walks in the rain forest, hikes to view scenic island vistas, and of course up our world-famous Pitons! We can even take you on an overnight giant turtle spawning watch (when the season opens).

These adventures are designed to be small and intimate so that you can get the most out of your time and get to see the best that our lovely island has to offer.

We provide you with all the equipment you will need including backpacks, food containers and water bottles. Your guide will be equipped with first aid items, ropes and other necessary equipment.

So come and explore the beauty of St. Lucia and take a walk on the wide side!

## En Bas Saut

Two hours drive into Fond St. Jacques (The Valley Of The Green Parrots) this hiking trail takes you into the interior of the island and the Edmund Rainforest where the challenge of the En Bas Saut (Under The Waterfall) trail begins. The hike will take about 40 minutes downhill into the waterfall where you may have a refreshing swim before taking the exit trail back out.

This tour leaves the hotel at 7:00am and you should be back for 3:00pm.

What you should bring:

- [Hiking boots](#)
- [Trainers or sneakers.](#)

The cost includes:

- [Lunch](#)
- [Transport](#)
- [Admission fees.](#)

Other information

You will need to be fit. The tour can be altered to suit your needs.

## Pitons

The Pitons are the most famous landmark of both St Lucia and the Caribbean, and have been declared a World Heritage Site. The twin Mountains, Gros and Petit Piton, stand side by side on the island's west coast and our tour ascends the majestic Gros Piton, the bigger of the two. At the summit, you will revel in the magnificent, breath-taking views. Wow!

What you should bring:

- [Hiking boots](#)
- [Trainers or sneakers.](#)

## Turtle Watch

Giant leatherback turtles come out of the sea to lay their eggs in the sand during the late spring and early summer. These giant turtles can grow up to 8 feet in length and 1,200 pounds. Our adventure involves an overnight camp under canvas and you will enjoy morning tea with the rising sun. We drive through the Grand Anse Reserve, to see the leatherbacks on a protected mile-long beach. This is an interesting educational excursion that will provide memories to last an entire lifetime.

As this is an overnight stay we will brief you fully prior to departure so you know what to bring and what to expect.



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