

The stunning and diverse islands of The Caribbean beckon on this chillaxed two week Sailing Holiday from St Martin to Guadeloupe.

With stops at St Barts, St John's, St Kitts and Nevis, Saba and St Eustacius* you will discover what sets each island apart – be it culinary, above or below water, history or culture, the one thing that is constant is the friendliness of the locals.

We pick up our Dufour 52s on the dual nationality island of St Martin. Indulge in a high end restaurant on the French side, or get closer to the Caribbean culture and try grilled lobster, stuffed crab or pork ribs in one of the open-air beach restaurants (lolos) where family recipes have been passed down from one generation to another.



The pristine rock and coral formations of St Martin create an intricate ecosystem that allows many species to thrive. Snorkelling may reveal starfish, lobsters, blue crabs, seahorses or green sea turtles while diving on HMS Proselyte reveals a couple of large anchors, cannons and other heavily encrusted objects on the sea floor.

St Barthelemy (St Barts') is an exquisite blend of St-Tropez sophistication and the laissez-faire Caribbean lifestyle. Explore isolated stretches of powder soft sand or venture into the lush tropical landscape. Relatively few divers visit each year leaving St Bart's largely untouched and unknown. The branch corals are recovered from the last hurricanes, and the massive corals are in full bloom, with multicolored coral fish everywhere. Each bay has a reef to be explored so put your request in to your skipper early.



St Kitts and Nevis (just 2 miles across the water) is one of the quieter Caribbean islands and retains the charm and quaintness that some of the larger islands had just 40 years ago. Its laid-back atmosphere, volcanic mountain hills, forts ruins and tropical rainforest area make it a haven for relaxation and exploration. Volcanic peaks are fringed by secluded bays and deserted beaches are backed by swaying palms and plantation house resorts.

With some of the cleanest seawater in the Caribbean and visibility at least 80 feet, snorkellers will love the many natural and artificial reefs created by ship wrecks lying in water less than 40 feet.

Food on St Kitts and Nevis is typically West Indian in flavour with goat being the main meat used in cooking. Fresh fish is sold direct from the fishing boats, market stalls display a colourful range of tropical fruit and there's always something interesting cooking on the road-side barbecues.

Take the opportunity to sample CSR, Cane Spirits Rothschild, which originally came to life in the 1980s when Baron Rothschild established a distillery in St Kitts and set out to create a truly unique

cane spirit unlike any other rum. Distilled from cane juice (not molasses) and using a patented filtration system designed to remove 99% of fusel alcohols, (no hangover), this fiery white rum is often mixed with the local grapefruit soda to make a "Ting and Sting".

Saba* is a beautiful little island which meets the sea with towering red and pink cliffs. There is a small marina where we will try and stop to explore. Its surrounding Saba Marine Park, is a renowned dive site, home to coral formations, dolphins, sharks and turtles.

It just so happens that Antigua Sailing Week is while we are cruising around The Caribbean. Attracting 150-200 yachts, 1500 participants and 5000 spectators on average, we will have the opportunity to view this magnificent spectacle and perhaps even join in the onshore activities. Ringed with coral reefs, Antigua is known for its many sandy beaches. Set along English Harbour, restored Nelson's Dockyard, which Admiral Horatio Nelson made his base in the 1780s, includes a marina and the Dockyard Museum, any history buff would be crazy not to visit.

Like most Caribbean islands, Antigua and Barbuda excel in seafood. Choose from exotic local dishes to West Indian, Italian, French, Chinese and Swiss-German cuisine.

Guadeloupe is our destination - a butterfly shaped archipelago with a Franco-Caribbean culture. The small fishing village of Anse Duche has a sunken shipwreck named L'Augustin to explore and there are several sites surrounding the Pigeon Islets which form part of the Reserve Cousteau. The Grand Cul-de-Sac Marin Nature Reserve, a protected marine reserve in the north, also boasts large coral reefs



You can't go more than a few blocks in Guadeloupe without stumbling upon a bokit stand. Inspired by the johnny-cake, a cornmeal flatbread, this street food favorite was created in the mid-19th century after the abolishment of slavery when low-wage workers sought out a cheaper alternative to the typical sandwich.

Locals take full advantage of Guadeloupe's ample supply of coconuts, adding it to drinks, desserts, and breakfast fare. One of the best ways to really enjoy this island favorite is in its frozen form. Like many cuisine staples, you can find sorbet coco at outdoor markets and near beaches, where locals churn the sorbet to order, hand-cranking it into a light paste. Made with coconut and condensed milk, sorbet coco has hints of nutmeg and cinnamon and tastes more like gelato than sorbet. A cup will run you cheap and tastes so fresh, you may be able to convince yourself it's totally fine to eat for breakfast.

This sailing holiday is as relaxed as you wish to make it. Get involved with navigation, skippering and trimming or sit, sunbathe, read a book.... The choice is entirely yours.

If you are into diving we can arrange for a dive boat to pick you up from the yacht in the morning, rejoining us at our next overnight anchorage.

*itinerary subject to weather

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