

St. Lucia

Unspoilt beauty, tropical views, welcoming people and a relaxed way of life.

For a small Caribbean island, St Lucia packs a punch in culture, wellness and scenery. The island has the most Nobel prize winners per capita and a fascinating colonial history of conquest, earning her the nickname “the Helen of the West Indies”. The Scenic beauty has to be experienced first-hand: climbing the iconic Gros Piton is the perfect active challenge for any fun-loving adventurer looking for panoramic views. The year long summer climate is icing on the cake for this mesmerising island’s many attractive qualities.

Health and Fitness Travel Insider

“Saint Lucia provides equally for those looking for relaxation and rejuvenation as for those seeking adventure and exciting activities. It will impress the most travelled individuals for a holiday of lasting memories.”

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires. Your passport will need to be valid for at least 6 months following your departure from St. Lucia. However, we always recommend leaving at least 6 months validity on your passport.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/st-lucia/entry-requirements>.

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

British Passport holders don't need a visa to visit Saint Lucia. On entry, you will be granted a specified period to stay. If you wish to stay longer, you must apply and pay for an extension of stay through the St Lucia Immigration Department.

Other nationalities should check here for Visa information: <http://www.visahq.co.uk/>

Overstaying your visa is an offence, please make sure you exit the country before your visa expiration.

Flights

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to St. Lucia from the UK usually take around 9 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

Health & Fitness

TRAVEL

Location

Time Difference: GMT -4

Capital City: Castries

Currency: Caribbean Dollar

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Hewanorra International Airport (UVF)** in St. Lucia. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/caribbean/saint-lucia>

Medical treatment can be very expensive and serious cases are transferred overseas (usually to Miami or Martinique). Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad, transfer by air ambulance and repatriation.

Language

The international language of St. Lucia is English.

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 112

Ambulance: 118

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.