 Exclusive Experiences

*Join Simeon, East Winds’ very own Social Coordinator, for a taste of the island only as East Winds can do. Our Exclusive Experiences are for our guests only and most are included in your all-inclusive stay. There is no need to reserve in advance, unless specified, simply join us at the time and location below if you wish.*

# Monday’s Experiences

**Exclusive Boat Trip to The Pitons, 9:00am – 4:30pm**

*Join Captain “Nico” on what we believe to be the “must experience” day trip on the island. Let us take you on a coastal cruise ending in Soufriere with an up close sight of the majestic Gros and Petit Piton (World Heritage Site). From there visit the island’s drive-in volcano and Toraille Falls before boarding the boat again for lunch and stop to swim and snorkel at Anse Cochon*

***$150US per person***

*(Sign up at Good Vibes before 4:00pm on Sunday. Meet at the beachfront Monday at 8:45am to depart.)*

**Monday Evening Cocktail Reception, 7:00pm – 7:45pm**

*Meet fellow guests and resort staff this evening and enjoy a glass of champagne and a selection of hors d’oeuvres. Diamond’s International will be present from 6.30pm to 7.45pm. A demonstration of the different diamond cuts will be shown and how to choose the right diamond should you wish to purchase. A small selection will be on display.*

# Tuesday’s Experiences

**Pilates with Nikita, 8:00am – 9:00am**

*Join Nikita at our yoga studio for this morning’s Pilates class.*

**Guided Walk with Simeon, 8:30am – 9:30am**

*Take a guided walk through the area surrounding our lovely resort property. Bring a bottle of water along. Meet Simeon at Good Vibes.*

**Breathtaking View Tour, 11:00am – 1:30pm**

*Visit the lush gardens and the exceptional orchid house of Stony Hill, one of Saint Lucia’s most beautiful, yet undiscovered attractions. Here you will enjoy locally made cakes, a cooling drink and the panoramic view over Rodney Bay Marina. Next, move on to the town of Gros- Islet, home of Pantime Steel Orchestra for an interactive pan experience. Learn how to play the steel pan and about the history of the pan.*

***$75US per person***

*(Minimum number 8 persons)*

*(Includes shuttle, and entrance to both locations. Sign up at Good Vibes before 4:00pm on Monday.)*

***Rum Tasting*  7:00pm – 7:30pm**

*Come join us for Rum Tasting. There you can learn how the local rum is made and sample some of St. Lucia’s best rum and rum products. Some of which are served right here.*

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# Wednesday’s Experiences

**Yoga with Jill, 8:00am – 9:00am**

*Join Jill at our yoga studio for her morning yoga class.*

***Aerial Tram Adventure, 9:30am – 1:30pm***

*Discover the beauty and excitement of the upper layer of the rainforest in an open-air Gondola*

*accompanied by a guide. A breathtaking view ascending through the forest fauna and flora.*

***$100US per person***

*(Minimum number 4 persons)*

*Enjoy a special afternoon of live Steel Band music during lunch service today!*

***East Winds Cooking Class, 4:00pm – 5:00pm***

*Learn something new this afternoon with local Chefs Harry or Linton. Today’s class will include samples for all to try. Meet at the restaurant buffet area this afternoon.*

**Champagne Cocktails, 7:00pm – 8:00pm**

Spend some time with the East Winds Bartenders and choose from an array of special pre-dinner cocktails each made with Champagne. Your choice of another cocktail or beverage is always available.

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# Thursday’s Experiences

**Bean to Bar – Chocolate Making 9:30am – 12:30pm**

Experience making your own chocolate bar from roasted cocoa beans at the Howelton Estate. Duration for this fun filled exercise is 45 minutes. Be proud of yourself for this great experience and enjoy your delicious 50g chocolate bar.

**$95US per person**

(Minimum number 8 persons)

(Sign up at Good Vibes by 12.00pm on Wednesday. Shuttle is included)

**Garden Tour, 2:00pm – 3:00pm**

*Tour the gardens at East Winds with the resort’s Head Gardener this afternoon for an in depth look at the many different species of plant life that share the resort with you. Meet at Reception.*

**Exclusive Sunset Cruise, 4:00pm – 7:00pm**

*Enjoy breathtaking views from the serenity of the Caribbean Sea while enjoying great company, your favourite cocktail, and*

*A selection of appetizers prepared specially this evening by Chef Tomislav on our “Exclusive for East Winds” Sunset Cruise*

*aboard Southern Breeze. Your shuttle to Rodney Bay departs Reception at 4:00pm and returns to the resort by 7:30pm. Limited spots available and minimum numbers required.*

***$80US per person***

*(Includes cruise, cocktails/champagne, hors d’oeuvres, and shuttle. Sign up at Good Vibes by 12:00pm on Thursday.)*



Friday’s Experiences

**Yoga with Jill, 8:00am – 9:00am**

*Join Jill at our yoga studio for her morning yoga class.*

***A Taste of St. Lucia, 11:00am – 2:30pm***

*The Spice Garden awaits you to prepare your delicious St. Lucian meal.*

*A short tour of the herb garden introducing you to the local herbs and seasoning you will be cooking with.*

***$110US per person***

*(Minimum number 4 persons)*

*Sign up at Good Vibes booth before 4.00pm on Wednesday. Shuttle included depart hotel at 10.30am*

***Distillery Tour 2:30pm -4:00pm***

*The Rum Distillery is nestled in the agricultural Roseau Valley. At the distillery you will learn how sugar cane is processed into rum and other rum products followed by tasting of the different rum and liqueur.*

*Tour departs hotel at 2:00 pm*

***$50US per person***

*(Minimum number 6 persons)*

**Pre-Dinner Beach Party, 7:00pm – 8:00pm**

*Enjoy island inspired barbeque hors d’oeuvres, celebrate with our Social Coordinator Simeon, and take part in our Bartender’s Weekly Cocktail Competition where you choose the winner for the week. Come prepared to sample their newest creations from the bar, and help Simeon chose the Cocktail Champion!*

**Land and Sea Barbeque**

*Watch our team prepare your food before your eyes at our outdoor BBQ pit and enjoy a lively, casual evening with the sounds of local island music.*

# Saturday’s Experiences

**Pilates with Nikita, 8:00am – 9:00am**

*Join Nikita at our yoga studio for this morning’s Pilates class.*

**Exclusive Shopping Trip, 10:30am – 1:00pm**

*Another “Exclusive for East Winds” day trip, we are pleased to offer our guests a shopping trip to a number of the must see shopping spots in St. Lucia. Start with a visit to the Pink Plantation House for some of the island’s most sought*

*After handmade pottery followed by a trip to Eudovic Art Studio, St. Lucia’s leading sculpture there you will see magnificent art on display. Also, take in the view from Mount Fortune on your way back. Cool Beverages will be provided on the shopping shuttle. Limited space available. Please sign up at Good Vibes.*

***$20US per person***

**Snorkeling Tour, 1:45pm -3:30pm**

Join us on a snorkeling tour to one of St. Lucia’s northern cove and marvel at the amazing world beneath the sea

with a huge variety of fish and sea creatures.

**$50US per person**

(Minimum 4 persons)

**Island Cocktail Class, 4:30pm – 5:30pm**

*Meet up with our talented bartenders this afternoon for a lesson on making the island’s favourite cocktails. Once you’ve seen it done, take one with you for your afternoon on the beach, at the pool, or anywhere it may take you.*

*Enjoy a special afternoon of live Steel Band music during lunch service today!*

***SHOULD YOU WISH TO EXPERIENCE ANY OTHER TRIP THAT WE DO NOT HAVE ON OUR LIST PLEASE CONTACT SIMEON.***

***SUNDAY*** *- Enjoy a relaxing day on the beach or visit Good Vibes to learn of other East Winds hand-picked day trips around the island. Visit our Front Office should you wish to visit a place of worship today.*