

EDIBLE OASIS

TOUR ITINERARY



WELCOME TO ST. VINCENT

- LOCATED IN THE SOUTHERN CARIBBEAN
ST. VINCENT IS KNOWN AS "HAIROUNA"
WHICH WAS A NAME GIVEN BY OUR
INDIGENOUS PEOPLES - THE CARIBS.
- THERE ARE 32 ISLANDS OR CAYS, WITH
BEQUIA BEING THE LARGEST OF THEM ALL.
- THE CURRENT POPULATION IS ABOUT
110,000 AND "KINGSTOWN" IS THE
NATION'S CAPITAL.
- THE CUISINE IS INFLUENCED BY AFRICAN,
FRENCH, BRITISH AND BLACK CARIB
CULTURE.
- OUR NATIONAL DISH IS "FRIED JACKFISH
AND ROASTED BREAFRUIT"
- ST. VINCENT GAINED INDEPENDENCE ON
OCTOBER 27TH, 1979

DAY ONE: VILLA BEACH

- ALL BEACHES ON MAINLAND ST. VINCENT ARE PUBLIC, AND MANY OF THE BEST BORDER HOTELS, WHERE YOU CAN ORDER DRINKS OR LUNCH. MOST OF THE RESORTS ARE IN THE SOUTH, WHERE THE BEACHES HAVE GOLDEN-YELLOW SAND. MANY OF THE BEACHES IN THE NORTH HAVE SANDS OF A LAVA-ASH COLOR. VILLA BEACH IS THE ISLAND'S MOST POPULAR STRIP, ONLY A 10-MINUTE DRIVE FROM KINGSTOWN. ITS TRANQUIL WATERS MAKE SWIMMING SAFE, AND THERE ARE NUMEROUS SIMPLE CAFES AND WATERSPORTS STANDS.



DAY TWO: VERMONT NATURE TRAIL

- **THE VERMONT NATURE TRAIL TAKES YOU THROUGH LUSH RAINFOREST WITH AN AMAZING VARIETY OF TROPICAL FLORA, ENDING WITH BEAUTIFUL SCENERY AND A CHANCE TO SEE THE FAMOUS ST. VINCENT PARROT IN ITS NATURAL HABITAT. AMBIENT TEMPERATURES AND ABUNDANT RAINFALL GIVE RISE TO PROFUSION IN THE GROWTH OF VEGETATION.**
- **IT IS APPROXIMATELY 2 MILES (3.5 KM) LONG, AND WINDS THROUGH LUSH RAINFOREST AND PLANTATIONS, OFFERING VISITORS BREATH-TAKING PANORAMIC VIEWS OF THE SURROUNDING LANDSCAPE AND CLOSE-UPS OF THE COUNTRY'S ENDEMIC FLORA AND FAUNA.**

DAY THREE: LA SOUFRIÈRE VOLCANO

- **THE LA SOUFRIÈRE CROSS COUNTRY TRAIL WINDS ITS WAY FROM SEA LEVEL UP TO THE TOP OF THE MAJESTIC LA SOUFRIÈRE VOLCANO (4048FT/ 1178M). GRANITE CLIFFS REACH FOR THE SKY, GIVING WAY TO SWEEPING VALLEYS AND DEEP GORGES AND EVENTUALLY THE IMMENSE VOLCANIC CRATER. THE WALK TO THE CRATER IS MODERATELY DIFFICULT, AND TAKES ABOUT TWO HOURS UPHILL. THE TOTAL TRAIL IS APPROXIMATELY 9 MILES (15 KM) LONG AND OFFERS BREATH-TAKING PANORAMIC VIEWS OF THE SURROUNDING LAND AND SEASCAPE AND CLOSE ENCOUNTERS WITH FAUNA.**
- **THE VOLCANO'S NAME (FRENCH: "SULFUR MINE") REFLECTS THE SULFUROUS ODOR ACCOMPANYING ITS ERUPTIONS.**



DAY FOUR:

THE BOTANICAL GARDENS

- **OCCUPYING 20 ACRES, THE GARDENS WERE CREATED IN 1765 BY GENERAL ROBERT MELVILLE, GOVERNOR OF THE BRITISH CARIBBEAN ISLANDS, AS A PLANT BREEDING CENTRE AND 'TO PROVIDE MEDICINAL PLANTS FOR THE MILITARY AND IMPROVE THE LIFE AND ECONOMY OF THE COLONY'. THE BOTANICAL GARDENS IS THE OLDEST OF ITS KIND IN THE WESTERN HEMISPHERE. A TOUR OF THE GARDENS WILL HIGHLIGHT ALL THE NATIVE AND EXOTIC PLANTS GROWING HERE, INCLUDING A BREADFRUIT TREE DESCENDED FROM THE ONE CAPTAIN BLIGH BROUGHT TO ST. VINCENT IN 1793**

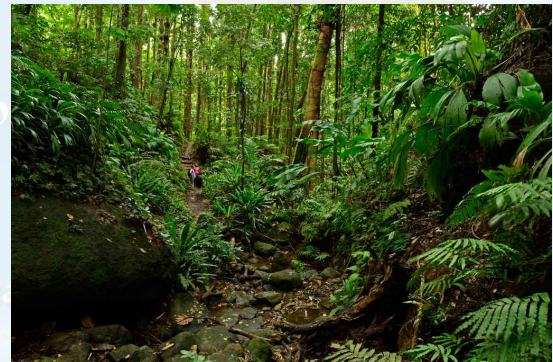
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VILLA BEACH



VERMONT NATURE TRAIL



LA SOUFRIÈRE VOLCANO



THE BOTANICAL GARDENS



THANK YOU FOR TOURING WITH US