a walk on the wild side
Experience the beauty of St Lucia outdoors.

A great selection of trips

We have a selection of adventures and tours that suit all ages and levels of fitness. We would also be happy to discuss your needs and create a tailored day out for you.

River Trekking
Rain Forest Exploration
Island Hiking
Waterfall Rappelling
Extreme Mountain Biking
Gorge Jumping
The BodyHoliday Adventure Challenge

Mountain bike through the lush rainforests and beautiful scenic coastline.
St Lucia is more than hotels and stunning beaches! Today we took part in the BodyHoliday Adventure Challenge, a sort of Quadrathon! It consisted of biking to nearby Pigeon island, running up the hill (what a view), rappelling (or abseiling, as our fellow British guests call it) down to the beach from the top of Pigeon Point, and then kayaking back to The BodyHoliday, for a well earned massage! Exhausting? Yes! Fun? Huge! Wish you were here? You bet!
Saturday

06.30 An early start! Our climb? The Gros Piton. 786 m (2619 ft)

07.00 We begin. Plenty of water. Legs pumping.

07.30 This is a hard and sweaty climb – but achievable. So far the views are fantastic.

08.30 I can almost see the top! Almost there. We keep each other going.

09.00 Made it. Wow, what a view. This is spectacular. So worth it. (The picture of me with Petit Piton in the background is still my computer wallpaper!)

13.00 The reward? A swim in the sea, a cold Piton beer on the beach and lunch. Some memory!

Wednesday

Ingredients:
One sunny day, one open-top jeep, five happy fellow travellers, two cool boxes, one swimsuit. Let the day begin!

History:
What a great way to see the west coast of the island. St Lucia is littered with forts, towns and islands named after the conquerors. We found out that a famous pirate called Jambe de Bois (wooden leg) set up base on Pigeon Island – the real Jack Sparrow?

Taste:
We drove through the island’s largest banana plantation and sampled a few of the fruit but our ultimate destination was the town of Soufriere. Lunch in a local restaurant was a delicious meal of spicy chicken, locally caught fish and a few cold beers. Everyone was so friendly and really made our day.

Equipment
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. Your guides will advise you on what clothing and footwear to take.
Dear Edward and Rachel

We had to write! We said we wanted an adventure didn’t we?

Liz and I booked a trip that was a combination of trekking in the forests, wild water ravines and abseiling down gorges. Not like us eh! We have to admit to being slightly nervous. This scramble and abseiling session had been labelled as thrilling, inspiring, wild, exhilarating and awesome! It was.

After an amazing hike under the canopy of the forest, we arrived at a river gorge and we were taught how to abseil down 120-foot onto the sand bank of the shallow river below. It was that first step off the ledge that was the hardest. The adrenalin rush from doing it was great. We so wanted to do it again! One for the memory bank!

Catch up in the Red Lion and we will tell you all.

Edward and Rachel Jones
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Walk on the wild side is our Soft Adventure Programme.

These adventures take you trekking through rivers, walking in the rainforest, hiking under the rainforest canopy and up majestic peaks. We also run Jeep adventures that take you on safaris around the island and bike adventures to take you off the beaten track. These are truly memorable experiences.

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